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100 Physical Education Solved MCQ's For new Teachers (PET) & Lecturers Preparation

1 2004 Olympic games held in ____ Greek

2 Athletics are also called the base of _____ Olympic Games

3 Duration of circle Kabadi match _____ 40 min

4 First President of Pakistan Golf Federation ______ Justice A R Cornelius

5 For winning the game lead is required ____ 2

6 Height of Nanga Parbat _____ 8125 m

7 How many lanes on track ____ 8

8 How many substitute players in Valley Ball team ____ 6

9 How many umpires in Base Ball ____ 4

10 In 100 m women hurdles competition distance between hurdles _____ 8.5 m

11 In 110 meter men hurdle race the height of hurdles _____ 1.067 m

12 In 2006 Asian Games how many countries participated in Kabadi ____ 12

13 In which year Pakistan won ODI world cup ____ 1992

14 Judo is introduced in Olympic game____ 1964

15 Old name of Pakistan Golf Federation ____ Pakistan Golf Union

16 The game of Chess started from _____ 3000 BC

17 The stick which is used to hit the ball in Golf is called ___ Club

18 Total height of K-2 ____ 8516 m

19 Total number of player in Cricket team ____ 11

20 Total Number of players in Beach Volley Ball Game ____ 2

ختم نبوت ﷺ زندہ باد **عظمت صحابہ زندہ باد**

السلام علیکم ورحمۃ اللہ وبرکاتہ:

معزز ممبران: آپ کا وٹس ایپ گروپ ایڈ من "**اردو بکس**" آپ سے مخاطب ہے۔

آپ تمام ممبران سے گزارش ہے کہ:

- گروپ میں صرف PDF کتب پوسٹ کی جاتی ہیں لہذا کتب کے متعلق اپنے کمنٹس / ریویوز ضرور دیں۔ گروپ میں بغیر ایڈ من کی اجازت کے کسی بھی قسم کی (اسلامی وغیر اسلامی، اخلاقی، تحریری) پوسٹ کرنا سختی سے منع ہے۔
- گروپ میں معزز، پڑھے لکھے، سلجھے ہوئے ممبرز موجود ہیں اخلاقیات کی پابندی کریں اور گروپ رولز کو فالو کریں بصورت دیگر معزز ممبرز کی بہتری کی خاطر ریموو کر دیا جائے گا۔
- کوئی بھی ممبر کسی بھی ممبر کو انباکس میں میسج، مس کال، کال نہیں کرے گا۔ رپورٹ پر فوری ریموو کرکے کاروائی عمل میں لائے جائے گی۔
- ہمارے کسی بھی گروپ میں سیاسی و فرقہ واریت کی بحث کی قطعاً کوئی گنجائش نہیں ہے۔
- اگر کسی کو بھی گروپ کے متعلق کسی قسم کی شکایت یا تجویز کی صورت میں ایڈ من سے رابطہ کیجئے۔
- سب سے اہم بات:

گروپ میں کسی بھی قادیانی، مرزائی، احمدی، گستاخِ رسول، گستاخِ امہات المؤمنین، گستاخِ صحابہ و خلفائے راشدین حضرت ابو بکر صدیق، حضرت عمر فاروق، حضرت عثمان غنی، حضرت علی المرتضیٰ، حضرت حسنین کریمین رضوان اللہ تعالیٰ اجمعین، گستاخ اہلبیت یا ایسے غیر مسلم جو اسلام اور پاکستان کے خلاف پراپیگنڈا میں مصروف ہیں یا ان کے روحانی وذہنی سپورٹرز کے لئے کوئی گنجائش نہیں ہے لہذا ایسے اشخاص بالکل بھی گروپ جوائن کرنے کی زحمت نہ کریں۔ معلوم ہونے پر فوراً ریموو کر دیا جائے گا۔

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- عمران سیریز کے شوقین کیلئے علیحدہ سے عمران سیریز گروپ موجود ہے۔
- **لیڈیز کے لئے الگ گروپ کی سہولت موجود ہے جس کے لئے ویریفکیشن ضروری ہے۔**
- اردو کتب / عمران سیریز یا سٹڈی گروپ میں ایڈ ہونے کے لئے ایڈ من سے وٹس ایپ پر بذریعہ میسج رابطہ کریں اور جواب کا انتظار فرمائیں۔ برائے مہربانی اخلاقیات کا خیال رکھتے ہوئے موبائل پر کال یا ایم ایس کرنے کی کوشش ہرگز نہ کریں۔ ورنہ گروپس سے تو ریموو کیا ہی جائے گا بلاک بھی کیا جائے گا۔

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21 Total weight of Table Tennis Ball ______ 2.7gm

22 Weight of Volley Ball ball is____ 9 to 10 ounce

23 What is the lowest score in ODI cricket record ____ 43 runs

24 When Asian Kabadi Federation is established ____ 1978

25 When Base Ball started in Pakistan ___ 1992

26 When first Asian Kabadi Championship held ____ 1980

27 When first FIFA World Cup held ____ 1930

28 When first time Basketball introduce in Olympic Games ____ 1940

29 When International Polo Federation was established ____ 1983

30 When Pakistan first time participate in Davis Cup ____ 1948

31 Which Country first of all introduce Chess ____ Hindustan

32 Which device used to measure the wind velocity ____ The wind gauge

33 Which is the biggest race in Olympic games ______ Marathon Race

34 Which is the highest mountain in Pakistan _____ K-2

35 Which player won more titles of Tour de France ___ Eddy Merckx

36 Which team won First FIFA world Cup ____ Uruguay

37 Which team won the world cup 2007 ___ Australia

38 Width of Volley Ball courts lines ____ 5 cm

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السلام علیکم ورحمۃ اللہ وبرکاتہ:

معزز ممبران: آپ کا وٹس ایپ گروپ ایڈمن "**اردو بکس**" آپ سے مخاطب ہے۔

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39 _____Tendon located in the posterior side of the lower leg. Achilles

40 _____The main mass of nervous tissue, typing between sensory receptors, which acts as an integrating center. Central nervous system

41 _____The term used to describe an aggregation of body cells with specialized structure and function. Tissue

42 _____is psychological study of moral principles? Axiology

43 ___Is the residual fluid of blood left after removal of the cellular elements. Plasma

44 ___Is the science, which deals with the description of the structure of cells, tissues, organs and organisms. Anatomy

45 ‘Pele’ is related to which game? Football

46 ‘Stimulus Response Theory’ was given by? E. L. Thorndike

47 18.29 M Triple jump record is of Jonathan Adward

48 2008 Olympic games held in which country ____ China

49 2011 world cup held in which country ___ All of these (India(winner on their own land), Sri Lanka and Bangladesh)

50 2nd name of athletics is _____ Track and Field Exercises

51 400 meter race was included in ……Olympic 1912

52 4th Asian Games held in which Country ______ Pakistan

53 9th Asian Games held in which Country ____ Pakistan

54 A long distance runner must consume more quantity of? Carbohydrate

55 A muscle fiber relaxes when: The nerve stimulus is removed

56 A perfect food, known as nutritious is one that? Contains all nutritious elements of food

57 A rich source of Vitamin A is: Apricot

58 A stress situation which grabs a person completely in-very short time is? Acute

59 A typical fiber in the adult man may have a diameter of 50-70 mm

60 Abdominal muscles are best developed from: Abdominal crunch

61 Abdominal muscles are best developed from? Playing

62 According to rules, the color of football goal post is? White

63 Aerobic power can be enhanced by? Circuit training

64 After calcium ions have been released from the sarcoplasmic reticulum they: Bind to troponin

65 After emulsion, the digestion of fat is done by an enzyme called? Lipase

66 Against which country 'Maradona' scored the goal of the century? England

67 Age measured in days, months and years is called? Birth Age (chronological age).

68 Agility may be needed in speed, balance, coordination and __? Strength

69 All of the following are excitable tissues except: Miniscule cartilage

70 All the following factors add to instability of shoulder joint except? Organ of long head of biceps

71 An example of injury caused by microtrauma is: Sprain

72 An immediate emotional state of apprehension & tension is response to specific situation is called? Trait Anxiety

73 An offensive play that is commonly used in basketball for a set shot is the? Pivot

74 Anaerobic metabolism refers to the generation of ATP: Without the use of oxygen

75 Angle of javelin through ____ 29

76 Apparatus to measure fat percentage in body is? Skinfold Meter/Caliper

77 Appendix is helpful in Digestive system of human being for? Not helpful in digestive process

78 Appropriateness, usefulness, meaningfulness of any inference a researcher draws refers to data? Validity of the data

79 Approximately, what percentage of heart is generated by muscle tissue? 0.85

80 Are heavy exercises good for sound sleep? No

81 Artery carries the supply of blood towards heart? Pulmonary artery

82 Asian Games are also known as ___ Asia

83 Asian Games took place after every ____ 4 years

84 At what score ends will be changed in the Tie break game in Tennis? 42,741

85 Athlete's foot is caused by Virus

86 Automatic nervous system controls the _____function of the body. Involuntary

87 Balanced diet contains All of the above

88 Ball and Socket types of Joint is? Tri-axial Joint

89 Base Ball is the national game of which country ____ America USA

90 Bearden and hungry the Javelin Throw was considered regular game in 1870

91 Before the Shot Put competition all the players are given tums 42768

92 Bhartiyam was conducted to promote? Mass rhythmic activities

93 Blood gets de oxygenate in: Nerves

* Blood gets oxygenated in Lungs.

94 Blood gets de-oxygenated in? Heart

95 Blood is purified in the human body by? Oxygen

96 Blood plasma also circulates _____and contains several of the components essential for the formation of blood clots. Immune bodies

97 Blood transport waste products to ____for elimination from the body. Excretory organs

98 Brachial artery lies on the anterior aspect of all the following structures except? Terese Major

99 By which hormone High Blood Sugar level can be controlled in stomach? Insulin

100 Carbohydrates are converted into sugar in the: Digestive tract

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100 Solved MCQs PPSC FPSC KPPSC SPSC Tests Preparation Physical Education

301 Rovers Cup is associated with the game Football

302 Runner up team of 2003 world cup ___ India

303 Running barefoot may cause: Hook warm infection

304 Salivary gland produces Ptyalin

305 Scoliosis is a postural deformity related with? Vertebral column

306 Sergeant jump measures? Explosive leg strength

307 Serum is the fluid which is obtained after blood has been allowed to ___ Clot

308 Set Shot' is related to? Basketball

309 Shin splint' occurs in Abdomen

310 Shuttle run 'Test' measures Agility

311

312 Sliding filament theory of muscle contraction was given by: Huxley

313 Smaller part of information in which researcher is interested is called? Sample

314 Somatic nervous system controls the skeletal system and _____movement. Voluntary

315 Speed which gradually increases in sprint races is called? Acceleration sprint

316 Sphygmomanometer is used to measure? Blood Pressure

317 Sprain is an injury to: Muscle

318 Standard Deviation represents spread of scores around? Mean

319 Standard track total distance is ____ 400 m

320 Strategy 'Fast break' is related with the game? Basketball

321 Summative evaluation Involves? Administration of test

322 Sunlight is a source of: Vitamin D

323 Sympathetic nervous system works in the ____function of the body. Emergency

324 Tarsals, metatarsals are bones of: Foot

325 Tennis in the word of which language _____ Tenez

326 The _____neurons conduct the impulses form the sensory organs towards the brain. Sensory

327 The ______twitch muscle fibers are shape which contract rapidly. Fast

328 The _____neurons conduct the impulses from the brain toward the muscles. Motor

329 The ____of the muscle belly attach tendon to tendon is type of fusiform muscles. Muscle fibers

330 The ____twitch muscle fibers are red shape and contract slowly. Slow

331 The ____filament of the muscle fiber is myosin. Thick

332 The ___change their shape rapidly on contact with injured vessels or foreign surfaces and take part in clot formation. Blood platelets

333 The ____bone hang in the chest between the ribs. Sternum

334 The 50th percentile is also known as? Mean

335 The ability to maintain equilibrium while in motion is called Balance

336 The American player who made 23.12 m record in Shot Put is Rendiboms

337 The amount of Blood comes out from ventricle, per minute is called? Cardiac output

338 The amount of calories required by an adult of average body weight per day is? 2500 calorie

339 The Anaerobic metabolism of one molecule of glucose results in the production of? 38 ATP

340 The angle of sector for Hammer Throw is 34.92 Degree

341 The another name for percussion manipulation is? Tapotement

342 The average life to the nature red blood cells is surprisingly long, having a span of about____. 120 days

343 The axis around which a movement takes place is always? At right angles to the plane

344 The back thigh muscles are also known as? Hamstring

345 The Basal Metabolic Rate may vary from person to person but it is closely related to a person's amount of? Physical activity

346 The beginning of Shot Put first in the history started from throwing Stone

347 The best know special message is: Connective massage

348 The best method for training of emotions in sports is? Repression

349 The blood platelets are small ____bodies about 3 um long and occur in large numbers in circulating blood. Rod like

350 The bottom tail of the ______is coccyx. Spinal cord

351 The cardio respiratory capacity is related to Normal physical endurance

352 The cause of postural defects/deformities is? Malnutrition

353 The central nervous system consist of brain and ____ Spinal cord

354 The circulating ______to the body cells and is thus an important means of maintaining the homeostasis of the body. Blood carries nutrients and oxygen

355 The color of lines of standard Track is White

356 The color of stop board in Shot Put is White

357 The color of take off in Board Jump and in Triple Jump is White

358 The combination of strength and speed ability is called? Explosive strength

359 The cool down after exercise is important because it? Speeds the removal of lactic acid

360 The cardiac muscles related to the _____. Heart

361 The creatine kinase reaction is: Inhibited by low ph in the muscle

362 The cross country races are held in Winter

363 The deltoid muscle located above the _____joint. Shoulder

364 The development of the full potential of each Individual? Humanism

365 The diameter of circle of Hammer is 2.135 M

366 The diameter of discuss for women is 180-182 MM

367 The Diameter of Shot Put for men 11.13 CM

368 The Diameter of Shot Put for women 09.5-11 CM

369 The difference in the weight of the shot put and throw for male is? None

370 The distance between the first and 2nd athlete in 400 meter race 7.04 M

371 The distance between the two goal post of hockey is? 3.66 M

372 The elbow joint is the kind of _____joint Hinge

373 The energy for all forms of muscle contraction is provided by: ATP

374 The first modern Olympic games were held in the year? 1896

375 The first National Marathon Race was organized at? Kolkata

376 The first region of the spinal cord is ____region. Cervical

377 The first treatment recommended for long distance exhausted athlete is: Cryotherapy

378 The following are the standard distance of hurdle race for men? 100 M and 400 Meters

379 The following bones form the elbow joint except: Scapula

380 The function study of the body is called_____. Physiology

381 The functional cell of the nervous system is _____. Neuron

382 The greater the momentum of an object? The Greater distance it will travel

383 The hall of judo is called____ a) Judo Jo

384 The hamstring muscle consists of the _____muscles. Three

385 The heart pumps blood through the ____. Arteries

386 The height of human being is measured by? Vernier scale

387 The height of human being is measured by? Vernier scale

388 The height of protecting net in discuss is 4 M

389 The height of stop board in Shot Put is 9.6 to 10.2 CM

390 The highest sports award of India is- Rajeev Gandhi Khel Ratan

391 The hip and shoulder joints are the kind of the ____joint. Ball and Socket

392 The initial rate of an enzyme catalyzed reaction depends on: All of the above

393 The Instrument to measure height is called? Stadiometer

394 The internal diameter of circle of Shot Put is 2.135

395 The internal measurement/length of stop board in Shot Put is 1.14 to 1.16 M

396 The Javelin has parts 3 Parts

397 The labrum Glenoid is Triangular in cross section

398 The landing arena of High Jump will be 5 x 3 mts

399 The largest bone in the body is _____. Femur

400 The last region of the spinal cord is______. Coccyx

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401 The law of acceleration is also known as? Norms

402 The length and width of a volley ball court is? 18x9metre

403 The length of chain of Hammer for men is 117 to 121.5 CM

404 The length of Javelin for women 2.20 M

405 The length of jumping pit in Triple jump is 9 M

406 The length of runway in long jump is 35-40 M

407 The length of Runway in Triple Jump is at least 40 M

408 The length of takeoff board in Triple jump is 1.22 M

409 The length of trachea (wind pipe) in an adult person is about? 10 cm

410 The life span of Red Blood corpuscles is not more than 120 days

411 The life span of Red Blood corpuscles is not more than 120 days

412 The ligament attaches bone to____ Bone

413 The line which show the half of the circle has the length .75 M

414 The longest muscle in the body is ? Sartorius

415 The longest bone in human body is? Femur

416 The longest muscle in human body is? Sartorius

417 The main function of RBC is to: Transport substances

418 The main function of WBC is to: Fight against infection

419 The main source of vitamin 'A' is? Carrot

420 The major constituents of plasma and serum are_____. Proteins

421 The Maximum diameter for women is 10 CM

422 The maximum diameter of Hammer for men is 13 CM(min 11 CM)

423 The maximum length of runway in Javelin Throw is 36.50 M(minimum 30M)

424 The maximum quantity in the diet of small children should be Protein

425 The maximum quantity in the diet of small children should be Protein

426 The measurement of the size and proportions of the human body is called: Anthropometry

427 The measuring instrument of Blood pressure is? Sphygmomanometer

428 The minimum diameter of Hammer for men is 11 CM (Max 13CM)

429 The minimum diameter of Hammer for women is 9.5 CM

430 The minimum length of runway in Javelin Throw is 30 M

431 The minimum number of players required in a team to start a Basketball match is?— 5

432 The minimum thickness of iron rim in discuss throw is 6 MM

433 The minimum weight of baton in relay race is 50 gram

434 The minimum width of landing area of high jump is 3 M

435 The most important factor in the organization or recreation is? Facilities

436 The most popular method for high jump in the present era is Back flag

437 The most rapid method to resynthesize ATP during exercise is through: Phosphocreatine breakdown

438 The movement of the ____ muscles is voluntary. Skeletal

439 The movement of the ______turn down is pronation. Palm

440 The movement of the body away from the center line is ___. Abduction

441 The movement of the body part on the central axis is______. Rotation

442 The movement of the body parts on the 360 degree angle is ____ Circumduction

443 The movement of the smooth and cardiac muscles are ____. Involuntary

444 The muscle can contract, shorten and become thicker. This is ____function. Contractility

445 The muscle return to their original shape after being stretch or contract this is ____function. Elasticity

446 The muscle will ________in response to increase workload. Hypertrophy

447 The Muscles in the legs of an Olympic 100 meter Finalist would contain? Mostly white fibers

448 The name of polo international federation_____ Harlangham Polo association

449 The name of postural defect if shoulders are bended called? Scoliosis

450 The name of the cell of the skeletal muscle____ Fiber

451 The National Game of Pakistanis? Hockey

452 The National Game of Pakistanis? Hockey

453 The normal temperature of a healthy human being is? 98.4° F

454 The number of Muscle pairs, found in human body is? 250, (it's 320 pairs by internet) Naeem

455 The old name of polo is ___ a) Chogan

456 The Olympic games in 2016 will be held at? Brazil

457 The one hand has the _____phalanges. 14

458 The patella found above the _____joint. None of above

459 The period of growth and development from 9 to 11 years is known as: Later Childhood. Not Confirm

460 The peripheral nervous system consist of ____nerves and spinal nerves. Cranial

461 The peripheral nervous system has the ______pairs of the spinal nerves. 31

462 The peripheral nervous system has the ___pairs of the cranial nerves. 12

463 The player of judo is known as___ Judoka

464 The position of India in 1st Asian games was? II

465 The primary muscle substrate immediately available for ATP synthesis is: None

466 The process of regenerating ATP is catalyzed by the enzyme: Phosphate

467 The psycho motor domain of physical education is concerned with? Values

468 The quadriceps muscle consists of _____muscles. Four

469 The quality of Physical Education teacher is? Good performance

470 The quality of test to give same scores when administered at different occasions is? Reliability

471 The ____________ raises toward tibia is dorsiflexion. Toe

472 The reason for lower performance in sports competition is: Heredity impact. Not confirm

473 The red blood cells or corpuscles contain a nucleus and cytoplasm rich in ___. Hemoglobin

474 The ribs in the body are ______pairs of the ribs. 12

475 The richest source of protein is Soya Bean

476 The richest source of Vitamin D is? Cod Liver Oil

477 The rules and regulation for long Jump were made in 1860

478 The sampling method chosen when the members of a special population are difficult to locate is? Snowball sampling

479 The sarcoplasmic reticulum in muscle cells acts as a: Store of calcium ions

480 The Shot Put record of Russian player "Nathlia Laska" is 22.63

481 The size of Mats in High jump ____ c) 7/6/8 meter

482 The skeletal muscle related to the ______. Bones

483 The source of acid rain is: Nitric oxide

484 The spinal column is part of the _____system. Skeletal

485 The spinal system consists of ____vertabras. 33

486 The standard track consist of 400 M

487 The standard Track consist of lanes 9

488 The standing position of referee in cross country race 50 M ahead

489 The stop board color is? White

490 The stretch reflex is usually applied in polymeric by: Jumping

491 The study of the____is called mycology. Muscle

492 The technique to swim. Fastest is? Free style

493 The tendon attaches bone to____. Muscle

494 The thickness of rim of Shot put circle 6 MM

495 The thin filament of the muscle fiber is ______ Actin

496 The things most recently learned are bes remembered refers to? Law of recency

497 The thoracic hypnosis region of spinal cord consists of ______vertebras. 5

498 The time the Javelin Throw for one player for one try is 1 Minute

499 The total distance of cross country races is between 4 to 12 KM

500 The total protein concentration of human serum is approximately__7g/ml

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101 Cardiovascular system disorders are those disorders, which involve the ___ Arteries, veins and lymphatic's

102 Central nervous system consists of: Brain and spinal column

103 Chronic injuries are treated with Ultrasound

104 Cognition deals with: All of the above

105 Creatin Phosphate releases energy? With the help of ATP

106 Cross country race are first held at international level in 1903

107 Cross country races team consist of 6 Players

108 Cycling is the national game of_____ France

109 Davis Cup is associated with? Lawn Tennis

110 Diameter of the Shot Put circle is 2.135 M

111 Discus / Hammer / Shot put through sector _____ 34.92

112 Disease or Injury affecting the wall of blood vessel is Hemorrhage

113 Distance for Marathon race is measured as 42,195 M

114 Distance of Marathon for women ____ 42.195 km

115 Diuretics: Increase the body's output of urine

116 During a hockey match, if the ball is stuck in the Goalkeeper's pads then game is restarted By Bully

117 During exercise, the Cardiac Minute volume in the average man may rise from four liters to? 15 liters

118 During heavy exercise, the supply of blood increases toward: Skeletal Muscle

119 During muscular contraction, if there is no change in the size of muscle, this contraction is said— Isometric

120 Endurance training increases the muscle's capacity to: Burn fat and carbohydrate

121 Fatigue comes during training due to? Lactic acid

122 First Asian Games held in _____ 1951

123 First World Athletic championship held in which country ___ Finland

124 For complete treatment of sports injuries, one should depend upon Physiotherapy

125 For endurance dominating sports, the diet should be rich in: Skinfold caliper

126 For remaining fit and healthy, what is most important? Routines

127 For the first time the circle of Shot Put was used in the year 1904

128 For the good health which type of exercises are necessary? Regular

129 For very high force contractions lasting 1-2 seconds, the initial energy source is from: ATP stores

130 From center the thickness of discuss for men in 44-46 MM

131 From where the game of Kabadi Started ____ Bar-e-sagheer

132 Fuel used by the body while doing the exercise intensity is: Less carbohydrate & more fat

133 Funds for the sports programs can be collected through? Public, Donations, Gifts, Alumni Asso.

134 Gastrocnemius muscle located in the posterior lower______. Leg

135 Getting the right fact to the right people at the right time in the right way is called? Public Relations in Sport

136 Goniometer is an equipment which is used to measure? Angle of Joint

137 Goniometer measures Flexibility

138 Ground of Golf is called ___ Course

139 Hammer Throw competition was included in Olympic game in 1900

140 Hammer Throw event for women was included in Sydney Olympic 2000

141 Harvard step test is a test for measuring? Cardio Vascular Endurance

142 Having to pass a swimming proficiency test prior to enrolling in an advance swimming course is an example of what? Criterion reference standard

143 Hydrotherapy' is given using: Water

144 Health is primarily a responsibility of the? Individual

145 Height of Valley Ball Net for men ______ 2.43 m

146 Height of Valley Ball net for women ______ 2.24 m

147 High jump runway distance _____ 14 m

148 Hormone secreted by parathyroid is? Parathyroid hormone

149 How many 400 meter hurdle height for women? 0.84

150 How many categories in international wrestling____ 2

153 How many entries are allowed per event in Athletics in Olympics? 3

154 How many events are there in Heptathlon? 7

155 How many height of goal post of football poll? 8 feet

156 How many hurdle height for man? 1.067

157 How many kind of muscle in human body? 3

158 How many members of FIFA at 2008 _____ 208

159 How many meters are there in one mile? 1609.344

160 How many muscle in human body? 656

161 How many Olympic Gold medals won by Pakistan Hockey team 3

162 How many Pakistani athletes participate in 1948 Olympic games ______ 5

163 How many player in a team of a Volley Ball _____ 6

164 How many player in football team? 11

165 How many players in Circle Kabadi game ___ 11

166 How many referees are required for a football match? 1

167 How many Silver medals in Olympic won by Pakistan Hockey team _____ 3

168 How many time Pakistan Tennis team participate in SAF Game ______ 3

169 How many time Rasheed Malik won National Tennis Championship _______ 4

170 How many types of tissues in human body? 4

171 How many types of joints there in human body? 3

172 How many types of tracks are there? Three

173 How many years Jhangir Khan remain Un beated ___ 5 years

174 How may height of cricket bat? 38”

175 How much eater is expected by the human body per day at regular temperatures? 1 gallons

176 How much meter circle was used in 1904 Olympics? 2.13 M

177 How much protein a working woman must intake every day? 37gm

178 How much time is given in long jump to Athlete for his one try? 1 Minute

179 How we get injured in games? When rules of games are not followed

180 Human ___ are about 8 micrometers in diameter and about 2 um at their thickest and have a biconcave shape. Red blood corpuscles

181 IAAF stand for ? International Armature Athletic Federation.

182 ICC stand for ____ International Cricket Council

183 If a muscle is injured after a vigorous workout, one can exercise after 36 hrs.

184 If player is less than 8, how many trails will be given? 6

185 If someone feels difficulty to see at long distance clearly disease is called? Myopia

186 If the mean of five scores is 25 and standard deviation is 0, what will be the value of fifth score? 25

187 If we take every nth number as a sample from the list of nth population it is called? Systematic Sampling

188 Imaginary line passing laterally from one side to the other is called. Lateral axis

189 In 100 meter women hurdle race the height of the hurdles ____ 0.84 m

190 in 110 m hurdles, the number of tides performed between two hurdles is? 8

191 In 1921 the team of Volley Ball consist on how many players _____ 12

192 In 1962 Asian games how many medals won by Pakistan in wrestling___ 14

193 In 1970 Asian games how many medals won by Pakistan in wrestling___ 2

194 In 3000 m steeple chase, the number of water jump is 7 the total no of jumps are? 35

195 In 400 meter race last athlete Stagger ____ 7.67 m

196 In a cardiac cycle what is the ratio of ventricle systole and ventricle diastole? 0.3 sec/ 0.5 sec

197 In addition to the ___many other important classes of compounds circulate in the blood plasma. Proteins

198 In ancient shot Put discuss was throw from High Stag (Chabotra)

199 In Cross Country race the red flag at track indicate to Turn left

200 In English soldiers how much weight and volume Shot put was popular 16 pound

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201 In Europe Mountaineering is also known as _____ Alpinism

202 In first Shot Put 1896, how much square meter was used for Shot Put 2.000 M

203 In First Wimbledon Championship who is the winner of title in men category _____ Spencer Gore

204 In general, the higher the intensity of exercise, the greater the proportional contribution of: Anaerobic energy production

205 In high jump every player have ____ chances. 3

206 In High Jump the distance between the two pools is at least 4.00 M

207 In High Jump the length of cross bar is a least 3.98 M

208 In human body 'Fartlek' develops Agility

209 In humans, the white blood cells in the blood are ____in number. Fewer

210 In hurdles race its good for runner to take how many steps before 1st hurdle? 8

211 In normal adult men the blood contains about __red blood corpuscles or erythrocytes per cubic millimeter. 50,00,000

212 In normal adult women, the blood contains about __red blood corpuscles. 45,00,000

213 In older age, the common problem in eyes is Cataract

214 In one milliliter of blood, the number of platelets is stated to be about? 2,00,000

215 In Pakistan how many methods to play Kabadi ___ 4

216 In plant cells, ______encloses this membrane. A rigid cell wall

217 In Psychological testing norm is defined as ? Record of performance

218 In second Shot Put 1900, how much square meter was used for Shot Put. 2.135

219 In sprint events, improvements in performance may come from: All of the above

220 In sprint race, if the flash is not visible, time shall be taken form the? Sound of gun

221 In sprint Races position of start is known as ____ Crouch start

222 In test cricket, how many bouncers can be bowled in one over? 2

223 In the Childhood, individual's behavior is mostly influenced by? Family

224 In the school setting the major channel of publicity for the physical education programs is? Intramurals

225 In Track and Field (athletics) Triple Jump known as Hop, Step and Jump

226 In Track and Field Hammer Throw weight is about 7.260 KG

227 In Triple Jump the Referee raised the white flag after Right attempt

228 In which activity Lactic acid system is activated 100 mts

229 In which city 1896 Olympic games are held _____ Athens

230 In which country first Asian Games held ___ India

231 In which country Indian women cricket team won the test series first time? England

232 In which country the education of chess is given in schools ___ Russia

233 In which of the following does the reactions of energy synthesis take place? Cell sap

234 In which Olympic 10 km walk is the part of Olympic games _____ 1992

235 In which Olympic did women participate for the first time? 1900 Paris

236 In which place World Class Hockey Academy is proposed to be established by International Hockey Federation? Dubai

237 In which year women football introduced in Olympic games ____ 1996

238 In1993 Islamic games In Tehran Naseem Nazali get which title___ Silver

239 Increase in muscle mass due to heavy weight training is called ? Muscular Hypertrophy

240 Intensity in strength endurance training is? 80-100%

241 International athletic federation established in ____ 1880

242 International Judo Federation Established In_____ 1960

243 IOC stand for ________ Intern. Olympic Committee

244 If participant are eight in Javelin Throw then how many Tums were given to each player 6

245 Javelin is handle from Grip

246 Javelin Throw competition was included in modern Shot Put in 1908

247 Javelin Throw players are givens turns through By Lots

248 Jogging and the sport Waken muscles

249 Jogging at one spot? Tightens muscles

250 Jonthan Adward made Triple Jump record in 1995

251 Jumping board for …..for men is 13 M away from the jumping pit. Triple Jump

252 Length of Javelin for women _____ 2.20 m(2.20 to 2.30m)600g for men 2.6 to 2.7m 800g.

253 Length of table tennis net____ 6 feet

254 Length of the Hammer measured from inside of the grip is Min: 1175 MM to Max: 1215 MM

255 Length of the runway for …………is 35 to 40 M Board jump

256 Length of Valley Ball court _____ 18 m

257 Length of Valley Ball Net _____ 9.50 m

258 Locomotor movements involve forcefully pushing of the ground from one foot in the air and landing on the same foot. Hopping

259 Long bones' work in human body is? To work as lever

260 Lowest score of Pakistan cricket team in test match ___ 26 runs

261 M Hurdles height for men are 1.067 M

262 Metacarpal in the _____. Hand

263 Metatarsal in the ______ Foot

264 Motto of I.O.C is ? Cittius, Altius, Fortius

265 Name the disease which is categorized as psychosomatic disease Diabetes

266 Name the first Indian woman Wo won the Gold Medal in Asian games— Kamaljit Sandhu

267 Name the vitamin which is water soluble Vitamin B

268 Neuron has the main three pars cell body, dendrite and ____. Axon

269 Normal, ordinal, interval, and ratio scales measure the? Variables

270 Number of Muscles found in human body are? 656

271 Number One player of Squash in Pakistan ____ Shahid Zaman

272 OCA stands for _____ Olympic Council of Asia

273 Of the following associations of muscle and movement the incorrect one is? Biceps ------flexor of the arm

274 Official ensuring that the track, runways, circles and all equipment are in accordance with the rules before competition. Technical Manager

275 Old name of Squash is ____ Rackets

276 Old name of table tennis is ____ Ping Pong

277 Old name of Volley Ball is _____ Mintonette

278 Olympia city is situated in which country of the world? Greece

279 Olympic rings indicate? Five continents

280 Olympic torch first time used in 1928

281 One of the method of Teaching is? Demonstration

282 Organ that receive food from Pharynx and carries to the stomach is known as? Esophagus

283 Organization means planning the work and administration means? Controlling

284 Osteology is the study of_____. Scientific study of bones

285 Other name of Laisses Fair leadership style is? Hand –off

286 Outstanding athletes usually possess certain personality characteristics, such as: Aggressiveness

287 Pakistan get which position in 2007 world table tennis championship___ 40th

288 Pakistani Athlete Muhammad Rasheed make record in 1987 SAF Javelin Through

289 Parasympathetic nervous system work during the ____situation during the involuntary functions. Normal

290 Physical exercise done in presence of oxygen, is called? Aerobic exercise

291 Physiology is the study of the _____ Functions of the body

292 Polo is the national game of __ Bangladesh

293 Pre-school children learn things by? Imitation

294 Purpose of Kraus Weber is? Minimum Muscular, Strength

295 Ranga Swami Cup is awarded in? Hockey

296 Reason of constipation is due to Less functioning of large intestine

297 Record of Tour de France is ____ 39.5 Km

298 Red blood cells contain ___, which imparts to them their color, and possess an envelope. Hemoglobin

299 Rehabilitation of sports injuries is done using: Corrective Exercises

300 Research which is generally inductive is? Qualitative

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HEALTH & PHYSICAL EDUCATION
100 MCQS
WWW.MCQSPK.COM

1 2004 olympic games held in __________ greek

2 athletics are also called the base of _____________ olympic games

3 duration of sarkal kabadi match ___________ 40 min

4 first president of pakistan golf federation ______________ justice a r karnees

5 for winning the game lead is required __________ 2

6 height of nanga parbat ___________ 8125 m

7 how many lanes on track ____________ 8

8 how many substitute players in valley ball team __________ 6

9 how many umpires in base ball __________ 4

10 in 100 m women hurdles competition distance between hurdles _____________ 8.5 m

11 in 110 meter men hurdle race the height of hurdles ___________ 1.067 m

12 in 2006 asian games how many countries participated in kabadi ____________ 12

13 in which year pakistan won odi world cup __________ 1992

14 judo is introduced in olympic game__________ 1964

15 old name of pakistan golf federation ____________ pakistan golf union

16 the game of chess started from ___________ 3000 bc

17 the stick which is used to hit the ball in golf is called _________ club

18 total height of k-2 _____________ 8516 m

19 total number of player in cricket team ___________ 11

20 total number of players in beach valley ball game _____________ 2

21 total weight of table tennis ball _______________ 2.7

22 weight of valley ball ball is_________ 9 to 10 ounce

23 what is the lowest score in in odi cricket record ___________ 43 runs

24 when asian kabadi federation is established _____________ 1978

25 when base ball started in pakistan __________ 1992

26 when first asian kabadi championship held _________ 1980

27 when first fifa world cup held ___________ 1930

28 when first time basketball introduce in olympic games ___________ 1940

29 when international polo federation was established _________ 1983

30 when pakistan first time participate in davis cup _____________ 1948

31 which country first of all introduce chess ___________ hindustan

32 which device used to measure the wind velocity ___________ the wind gauge

33 which is the biggest race in olympic games _______________ marathon race

34 which is the highest mountain in pakistan ____________ k-2

35 which player won more titles of tour de france __________ france

36 which team won first fifa world cup _____________ uruguay

37 which team won the world cup 2007 __________ australia

38 width of valley ball courts lines ___________ 5 cm

39 ____________tendon located in the posterior side of the lower leg.

achilles

40 ____________the main mass of nervous tissue, typing between sensory receptors, which acts as

an integrating centre. central nervous system

41 ____________the term used to describe an aggregation of body cells with specialized structure

and function. tissue

42 __________is psychological study of moral principles? axiology

43 ________is the residual fluid of blood left after removal of the cellular elements. plasma

44 ________is the science, which deals with the description of the structure of cells, tissues, organs

and organisms. anatomy

45 ‘pele’ is related to which game? swimming

46 ‘stimulus response theory’ was given by? e. l. thorndike

47 18.29 m triple jump record is of jonathan adword

48 2008 olympic games held in which country __________ china

49 2011 world cup held in which country _________ all of these

50 2nd name of athletics is _______________ track and field exercises

51 400 meter race was included in ……olympic 1912

52 4th asian games held in which country

______________ pakistan

53 9th asian games held in which country ____________ pakistan

54 a log distance runner must consume more quantity of? carbohydrate

55 a muscle fibre relaxes when: the nerve stimulus is removed

56 a perfect food, known as nutritious is one that? contains all nutritious elements of food

57 a rich source of vitamin a is: apricot

58 a stress situation which grabs a person completely in-very shour time is? acute

59 a typical fiber in the adult man may have a diameter of 50-70 mm

60 abdominal muscles are best developed from: abdominal crunch

61 abdominal muscles are best developed from? playing

62 according to rules, the colour of football goal post is? white

63 aerobic power can be enhanced by? circuit training

64 after calcium ions have been released from the sarcoplasmic reticulum they: bind to troponin

65 after emulsion, the digestion of fat is done by an enzyme called? lipase

66 against which country ‘maradona’ scored the goal of the century? england

67 age measured in days, months and years is called? birth age

68 agility may be needed in speed, balance,coordination and ____? strength

69 all of the following are excitable tissues except: miniscule cartilage

70 all the following factors add to instability of shoulder joint except? organ of long head of

biceps

71 an example of injury caused by macrotreuma is: sprain

72 an immeiate emotional state of apprehension & tension is response to specific situation is called?

trait anxiety

73 an offensive play that is commonly used in basketball for a set shot is the? pivot

74 anaerobic metabolism refers to the generation of atp: without the use of oxygen

75 angle of javelin through _____________ 29

76 apparatus to measure fat percentage in body is? skinfold meter/caliper

77 appendix is helpful in digestive system of human being for? not helpful in digestive process

78 appropriatensess, usefulness, meaningulness of any inference a researcher draws refers to

data? validity of the data

79 approximately, what percentge of heart is generated y muscle tissue? 0. 85

80 are heavy exercises good for sound sleep? no

81 artery carries the supply of blood towards heart? pulmonary artery

82 asian games are also known as __________ asia

83 asian games took place after every ___________ 4 years

84 at what score ends will be changed in the tie break game in tennis? 42741

85 athlete's foot is caused by virus

86 automatic nervous system controls the ______________function of the body. involuntary

87 balanced diet contains all of the above

88 ball and socket types of joint is? tri-axial joint

89 base ball is the national game of which country ___________ america

90 bearden and hungry the javelin throw was considered regular game in 1870

91 before the shot put competition all the players are given tums 42768

92 bhartiyam was conducted to promote? mass rhythmic activities

93 blood gets de oxygenate in: nerves

94 blood gets de-oxygenated in? heart

95 blood is purified in the human body by? oxygen

96 blood plasma also circulates __________and contains several of the

components essential for

the formation of blood clots. immune bodies

97 blood transport waste products to __________for elimination from the body. excretory

organs

98 brachial artery lies on the anterior aspect of all the following structures except? terse major

99 by which hormone high blood sugar level can be controlled in stomach? insulin

100 carbohydrates are converted into sugar in the: digestive tract

Physical Education MCQs Part- 1
www.mcqspk.com

1-Which of the following glands secrete tears?

A. Lachrymal

B. Pituitary

C. Thyroid

D. Pancreas

2- Which is the largest gland in the human body?

A. Thyroid

B. Liver

C. Pancreas

D. None of these

3-Which is the largest organ in the human body?

A. Liver

B. Heart

C. Skin

D. Kidney

4- A person of which of the following blood groups is called a universal donor?

A. O

B. AB

C. A

D. B

5-How many bones are there in a newly born infant?

A. 206

B. 230

C. 280

D. 300

6- Olympic torch first time used in ___________

a) 1890

b) 1910

c) 1928

d) 1932

7- How many Olympic Gold medals won by Pakistan Hockey team __________

a) 2

b) 3

c) 4

d) 5

8-In which city 1896 Olympic games are held ___________

a) Athens

b) Olympia

c) Beijing

d) Rome

9- How many Silver medals in Olympic won by Pakistan Hockey team ____________

a) 2

b) 3

c) 4

d) 5

10- 2008 Olympic games held in which country ___________

a) Pakistan

b) England

c) Italy

d) China

11-IOC stand for ______________________

a) International Olympic Committee

b) International Olympic Countries

c) Indian Olympic Committee

12- When first Common wealth Games held ___________

a) 1920

b) 1926

c) 1930

d) 1934

13- Where first Common Wealth Games held __________

a) Canada

b) China

c) France

d) Italy

14-When Women first time participate in Common Wealth Games __________

a) 1920

b) 1923

c) 1928

d) 1930

15-Asian Games are also known as __________

a) Asiana

b) Asiad

c) Assiad

d) Asaid

16-OCA stands for ____________

a) Olympic Council of Asia

b) Olympic Committee of America

c) Olympic Charter of America

d) Olympic Council of America

17-First Asian Games held in ____________

a) 1948

b) 1949

c) 1950

d) 1951

18-In which country first Asian Games held __________

a) America

b) England

c) Pakistan

d) India

19- Asian Games took place after every ___________

a) 2 years

b) 3 years

c) 4 years

d) 5 years

20-Who won first ancient Olympic 200 yard race ____________

a) Corobus

b) William John

c) Jack Michal

d) Watson

21-9th Asian Games held in which Country _____________

a) India

b) America

c) Pakistan

d) Sri Lanka

22-when 9th Asian Games are held ____________

a) 2000

b) 2002

c) 2004

d) 2008

23-4th Asian Games held in which Country _______________

a) Pakistan

b) India

c) Australia

d) England

24- Athletics are also called the base of ______________

a) Asian Games

b) Olympic Games

c) Common wealth Games

d) All of these

25-When Pakistan first time participate in Olympic Games _____________

a) 1946

b) 1947

c) 1948

d) 1950

26-How many Pakistani athletes participate in 1948 Olympic games __________________

a) 2

b) 3

c) 5

d) 11

27- 2004 Olympic games held in ___________

a) Greek

b) England

c) Italy

d) Russia

28- 2nd name of athletics is ________________

a) Races

b) Track exercises

c) Track and Field Exercises

d) Gymnastics

29- In which Olympic 10 km walk is the part of Olympic games ____________

a) 1990

b) 1991

c) 1992

d) 1996

30- Which is the shortest race in Olympic Games ______________

a) 110 meter

b) 100 meter

c) 200 meter

d) Relay races

31- Which is the biggest race in Olympic games _______________

a) 5000 m

b) 10000 m

c) 30000 m

d) Marathon Race

32- Which Pakistani make new record in 400 meter race in SAF Games ____________

a) Muhammad Fiaz

b) Muhammad Ramzan

c) Abdul Rauf

d) Muhammad Saleem

33- Pakistani Athlete Muhammad Rasheed make record in 1987 SAF Games in which event

____

a) Disk through

b) Hammer through

c) Javelin Through

d) Short put

34- When first world athletic championship held __________

a) 1980

b) 1981

c) 1982

d) 1983

35-International athletic federation established in __________

a) 1878

b) 1879

c) 1880

d) 1881

36-First World Athletic championship held in which country _________

a) Funland

b) Ireland

c) England

d) Scotland

37-In sprint Races position of start is known as __________

a) Standing start

b) Elongated start

c) Crouch start

d) None of these

38- In 110 meter men hurdle race the height of hurdles ___________

a) 1.67 m

b) 0.91 m

c) 0.84 m

d) 1.067 m

39- In 100 meter women hurdle race the height of the hurdles __________

a) 0.80 m

b) 0.91 m

c) 0.76 m

d) 0.84 m

40-Total weight of hurdles __________

a) 3 to 4 kg

b) 8 to 9 kg

c) Not less than 10 kg

d) None of these

41- Total distance of Marathon race ______________

a) 26 km

b) 42 km

c) 42.195 km

d) 42.765 km

42- Which test for Doping ____________

a) Sugar test

b) Urine test

c) Stool test

d) Blood test

43- Which device used to measure the wind velocity ___________

a) The wind gauge

b) Official Implements

c) Video camera

d) None of these

44- The size of Mats in High jump _____________

a) 5/5 meter

b) 5/4 meter

c) 7/6/8 meter

d) None of these

45- Discus / Hammer / Short put through sector ____________

a) 45

b) 40

c) 90

d) 34.92

46- Weight of Javelin for women _______________

a) 800 g

b) 600 g

c) 825 g

d) All of these

47-Total Length of Javelin for men _____________

a) 2.60 to 2.70 m

b) 2.20 to 2.30 m

c) 2.65 to 2.75 m

d) None of these

48-In high jump every player have ___________ chances.

a) 3

b) 4

c) 5

d) 2

49- In 100 m women hurdles competition distance between hurdles ______________

a) 10 m

b) 20 m

c) 11 m

d) 8.5 m

50-Distance of Marathon for women _____________

a) 40 km

b) 36.195 km

c) 42.195 ml

d) 42.195 km

Q- No

Q Ans Q Ans Q Ans Q Ans Q Ans

1 0 11 A 21 C 31 D 41 C

2 0 12 C 22 C 32 A 42 B

3 0 13 A 23 A 33 C 43 A

4 0 14 D 24 B 34 D 44 C

5 0 15 B 25 C 35 C 45 D

6 0 16 A 26 C 36 A 46 B

7 B 17 D 27 A 37 C 47 A

8 A 18 D 28 C 38 D 48 A

9 B 19 C 29 C 39 D 49 D

10 D 20 A 30 B 40 C 50 D

51-Length of Javelin for women _______________

a) 2.10 m

b) 2.20 m

c) 2.30 m

d) 2.40 m

52-Angle of javelin through _____________

a) 30

b) 40

c) 29

d) 31

53-Weight of Javelin for men _____________

a) 600 g

b) 800 g

c) 400 g

d) 900 g

54-Weight of Javelin for women ____________

a) 600 g

b) 700 g

c) 500 g

d) 400 g

55-When Javelin through introduced in Modern Olympic games first time _____________

a) 1900

b) 1904

c) 1908

d) 1912

56-Time allow the athlete for jump ___________

a) 20 sec

b) 30 sec

c) 40 sec

d) 60 sec

57-High jump runway distance ______________

a) 12 m

b) 13 m

c) 15 m

d) 14 m

58- How many lanes on track _____________

a) 6

b) 7

c) 8

d) 9

59-Standard track total distance is _____________

a) 300 m

b) 200 m

c) 400 m

d) 800 m

60-In 400 meter race last athlete Stagger _____________

a) 7.01 m

b) 7.42 m

c) 7.67 m

d) 7.80 m

61- When FIFA established ____________

a) 1904

b) 1905

c) 1906

d) 1907

62- When first FIFA World Cup held ___________

a) 1920

b) 1926

c) 1930

d) 1940

63-Which country won most FIFA world cups ____________

a) Brazil

b) Germany

c) Italy

d) France

64- How many members of FIFA at 2008 ______________

a) 208

b) 209

c) 376

d) 211

65- Where FIFA house build in Pakistan______________

a) Islamabad

b) Karachi

c) Lahore

d) Multan

66- Total Length and width of Football ground is __________

a) 100 & 70

b) 120 & 80

c) 120 & 90

d) 90 & 70

67- Which country won 2002 world cup _____________

a) Brazil

b) Germany

c) Korea

d) Italy

68- Which team won First FIFA world Cup _____________

a) Uruguay

b) Brazil

c) Germany

d) France

69-In which year women football introduced in Olympic games ___________

a) 1992

b) 1996

c) 2000

d) 1988

70- Total time of break or interval in Football ______________

a) 15 min

b) 30 min

c) 45 min

d) 20 min

71- The game of Chess started from ___________

a) 3000 BC

b) 2000 BC

c) 1000 BC

d) 500 BC

72- In which country the education of chess is given in schools _________

a) Russia

b) China

c) France

d) Rome

73- Which Country first of all introduce Chess __________

a) Italy

b) Hindustan

c) Russia

d) China

74-Which city is call home of Chess _________

a) Venues

b) Delhi

c) Masco

d) New York

75-How many years Jhangir Khan remain Unbeated _________

a) 5 years

b) 7 years

c) 8 years

d) 3 years

76- When first world Cup Squash held _______

a) 1983

b) 1984

c) 1985

d) 1986

77- When Pakistan First time play the Squash at International level ___________

a) 1949

b) 1950

c) 1955

d) 1956

78- Old name of Squash is __________

a) Rackets

b) Binfel

c) Steel hit

d) Green ball

79-Number One player of Squash in Pakistan __________

a) Shahid Zaman

b) Jhangir Khan

c) Mansor Zaman

d) Zark Jahn

80-World Open Squash 2008 where held __________

a) England

b) Italy

c) China

d) America

81-Where first Tour de France held __________

a) 1902

b) 1903

c) 1904

d) 1905

82- Which player won more titles of Tour de France _________

a) France

b) Italy

c) Brazil

d) Australia

83- Record of Tour de France is ____________

a) 39.5 Km

b) 40.5 km

c) 45.5 km

d) 43.5 km

84-Which player make the fastest world record _________

a) John Haward

b) Ben Thomas

c) Smith

d) Jack warner

85-Which is the fastest cyclist in England ___________

a) John Haward

b) David Le Grays

c) Will Smith

d) John will

86-When cycling is introduced in Olympic Games__________

a) 1992

b) 1994

c) 1996

d) 2000

87-Cycling is the national game of__________

a) Italy

b) France

c) Germany

d) Brazil

88-Who is the inventor of the cycle__________

a) Crack Patrick

b) Colmbo

c) Graham bell

d) Charles

89-When the competition of boating introduced in Olympics Games______

a) 650 B.C.

b) 648 B.C.

c) 646 B.C.

d) 644 B.C.

90-When wrestling is introduced in Olympics Games_________

a) 1900

b) 1904

c) 1908

d) 1912

91-When the famous Muslim wrestler Gama become world champion________

a) 1901

b) 1911

c) 1921

d) 1931

92-What is the real name of Gama__________

a) Muhammad Irfan

b) Ghulam Muhammad

c) Muhammad Saleem

d) Aktar Hussain

93-Which title is awarded to Imam Bakhsh wrestler_________

a) Rustam-e-Hind

b) Rustam-e-Jahan

c) Rustam-e-Iran

d) Rustam-e-Pakistan

94-How many categories in international wrestling________

a) 2

b) 3

c) 5

d) 8

95-When women wrestling introduced in Olympics Games______

a) 2000

b) 2004

c) 2008

d) 2012

96-When the Pakistani wrestler Muhammad Bashir won the bronze medal in Olympics_________

a) 1956

b) 1960

c) 1964

d) 1968

97-In 1962 Asian games how many medals won by Pakistan in wrestling_______

a) 10

b) 11

c) 12

d) 14

98-In 1970 Asian games how many medals won by Pakistan in wrestling_______

a) 1

b) 2

c) 3

d) 4

99-Which is the national organization of table tennis________

a) Pakistan Table tennis Federation

b) Pakistan Tennis federation

c) Pakistan Football Federation

d) Pakistan Table Tennis Committee

100-Which is the international organization of table tennis________

a) International Table Tennis federation Association

b) International Table Tennis federation

c) International Table Federation

d) International Table Tennis Association

Q	Ans	Q	Ans	Q	Ans	Q	Ans	Q	Ans
51	B	61	A	71	A	81	B	91	A
52	C	62	C	72	A	82	A	92	B
53	B	63	A	73	B	83	A	93	A
54	A	64	A	74	A	84	A	94	A
55	A	65	C	75	A	85	B	95	B
56	D	66	B	76	B	86	C	96	B
57	C	67	A	77	B	87	B	97	D
58	C	68	A	78	A	88	A	98	B
59	C	69	B	79	A	89	B	99	A
60	C	70	A	80	A	90	B	100	B

Physical Education Mcqs Practice Test

Physical Education Mcqs Practice Test

1.The National Game of Pakistanis?(A)Cricket (B) Football (C)Hockey (D)

Badminton

2.The amount of Blood comes out from ventricle, per minute is called?

(A) Cardiac cycle (B) Cardiac output (C) Cardiac volume (D) Ventricle

volume

3.A log distance runner must consume more quantity of?

(A) Fat (B) Protein (C) Carbohydrate (D) Minerals

4.Ranga Swami Cup is awarded in?

(A)Hockey (B) Football (C)Cricket (D) Volleyball

5.How we get injured in games?

(A) Precaution habits (B) Long term training without rest (C) When

rules

of games are not followed (D) Over confidence

6.The weight.of a Basket Ball is—

(A) 400-500 ounce (B) 500-600 gm (C) 567-650 ounce (D) 567-650 gm

7.Which of the following food stuff contains almost all ingredients of a

balanced diet?

(A) Meat (B) Milk (C) Chicken (D) Fish

8.Against which country 'Maradona' scored the goal of the century?

(A) Brazil (B) Germany (C) Italy (D) England

9.The length and width of a volley ball court is?

(A) l7x9metre (B) l8x9metre (C) l9xl0metre (D) 20 x 10 metre

10.Which of the following concepts of health is the earliest concept?

(A) The Bio-medical concept (B) The Psycho-social concept (C) The Religious concept (D) The Ecological concept

11.The height of human being is measured by?

(A) Vernier scale (B) Weighing scale (C) Stadio meter (D) Dynamometer

12.Name the first Indian woman Wo won the Gold Medal in asian

games—(A) P. T. Usha (B) Sunita Rani (C) Shayni Abrahim (D) Kamaijit

Sandhu

13.Which of the following game's playground has 'bonus line'?

(A) Basketball (B) Hockey (C) Kabaddi (D) Volleyball

14.In older, age, the common problem in eyes is

(A) Cataract (B) Black water (C) Squint eyes (D) Farsightedness

15.Apparatus to measure fat percentage in body is?

(A) Anthropometer (B) Tensiometer (C) Skinfold Meter/Caliper (D)

Flesometer

16.One of the method of Teaching is?

(A) Writing story (B) Writing (C) Demonstration (D) Search

17.The cause of postural defects/deformities is?

(A) Balanced diet (B) Malnutrition (C) Extra diet (D) Sickness

18.Jogging at one spot?

(A) Tightens muscles (B) Strengthens few muscles (C) Strengthens all the

muscles except the hamstring (D) Weakens muscle

19.Long bones' work in human body is?

(A) To give strength (B) To give shelter (C) To work as lever (D) To provide base for muscular joint

20.During muscular contraction, if there is no change in the size of muscle, this contraction is said—

(A) Isometric (B) Isotonic (C) Isokinetic (D) Kinetic

21.The number of Muscle pairs,found in human body is?

(A)200 (B) 250 (C)300 (D) 350

22.The position of India in 1st Asian games was?

(A)I (B)II (C)V (D)IX 23.In one millilitre of blood, the number of platelets

is stated to be about?(A) 1,00,000 (B) 2,00,000 (C) 3,00,000 (D) 4,00, 000

24.Davis Cup is associated with?

(A) Hockey (B) Volleyball

(C) Baseball (D) Lawn Tennis

25.The amount of calories required by an adult of average body weight

per day is?

(A) 1500 calorie (B) 2000 calorie (C) 2500 calorie (D) 3000 calorie

26.For the good health which type of exercises are necessary?

(A) Light (B) Hard (tough) (C) Medium type (D) Regular

27.In human body 'Fartlek' developes

(A)Speed (B) Endurance (C)Strength (D) Agility

28 The technique to swim. Fastest is?

(A) Breast stroke (B) Butterfly (C) Free style (D) Back stroke

29.In test cricket, how many bouncers can be bowled in one over?

(A)1 (B)2 (C)3 (D) 4

30.After emulsion, the digestion of fat is done by an enzyme called?

(A)Renin (B) Amylase (C)Trypsin (D) Lipase

31.A perfect food, known as nutritious is one that?

(A) Satisfies our hunger (B) Contains all nutritious elements of food (C)

Has been cooked very well (D) Is easy to digest

32..The maximum quantity in the diet of small children should be of

(A) Protein (B) Carbohydrate

(C) Minerals (D) Vitamins

33.Olympia city is situated in which country of the world?

(A)Greece (B) Germany (C)Italy (D) China

34.For remaining fit and healthy, what is most important?

(A) Aptitudes (B) Attitudes (C) Routines (D) Life style

35.. Set Shot’ is related to?

(A) Snooker (B) Squash (C) Basketball (D) Golf

36.The weight of Javelin for women is?

(A)600 gm (B) 800 gm (C)825 gm (D) 700gm

37.Strategy ‘Fast break’ is related with the game?

(A) Athletics (B) Basketball (C) Swimming (D) Boxing

38.Health is primarily a responsibility of the?

(A) Community (B) Individual (C) State (D) Parents

39.Appendix is helpful in Digestive system of human being for?

(A) Helpful in digestion of food (B) Maintain the temperature during digestion process (C) Helpful in secreting the digestive juice (D) Not helpful in digestive process

40.The quality of Physical Education teacher is?

(A) Civilized (B) Good performance

(C) Young (D) Smart

41.Why good nutrition is necessary for good health?

(A) Postural deformities (B) Development (C) Instant replies (D) Good habits

42.Aerobic power can be enhanced by?

(A) Swimming (B) Circuit training (C) Short sprints (D) Long distance running

43.Blood gets de-oxygenated in?

(A)Muscle (B) Nerves (C)Lungs (D) Heart

44.Goniometer measures

(A)Agility (B) Strength (C)Speed (D) Flexibility

45.The Basal Metabolic Rate may vary from person to person but it is closely related to a person's amount of?

(A) Weight of the body (B) Physical activity (C) Muscular energy (D) Lean issue

46.The first National Marathon Race was organized at?

(A) Allahabad (B) Pune (C) Kolkata (D) New Delhi

47.Physical exercise done in presence of oxygen, is called?

(A) Aerobic exercise (B) Anaerobic exercise (C) Isometric exercise (D) Isokinetic exercise

48.Rovers Cup is associated with the game

(A) Basket Ball (B) Chess

(C) Boxing (D) Football

49.What is manufactured from the iron that we obtain from our diet?

(A) Blood cells (B) Haemoglobin (C) Bone Marrow (D) Protoplasm

50.The highest sports award of India is

(A) Arjun Award (B) Dronacharya Award (C) Rajeev Gandhi Khel Ratan

(D) Padam Vibhushan

Answers: 1 C

2 B

3 C

4 A

5 C

6 D

7 B

8 D

9 B

10 C

11 V

12 D

13 C

14 A

15 C

16 C

17 B

18 A

19 C

Physical Education Solved MCQ's For New Educators & Lecturers Preparation

Physical Education Solved MCQ's

1) Dyer test is related to which game
   a)Badminton
   b)Athletic
   c)Tennis
   d)Football

2) Bending of vertebrae column on a side is called
   a)Uneven shoulder
   b)Kyphosis
   c)Lordosis
   d)Scoliosis

3) The purpose of coopers 12 mint test is
   a)Muscular strength
   b)Balance
   c)Agility
   d)Cardiac endurance

4) Badminton include in Olympics
   a)1992 Barcelona
   b)1962 Spain
   c)1988 Beijing
   d)1992 Germany

5) How many practice trial will be given each athlete before competition
   a) 1
   b) 2
   c) 3
   d) 4

6) What should be maximum intensity with maximum load
   a)30-50%
   b)50-70%
   c)70-80%
   d) None of these

7) When a Muscle contracts without changing its length it is considered to be ______ contraction.
   a)Isometric
   b)Isotonic
   c)Eccentric
   d)None

8) During an ....contraction muscles lengthens
   a)isotonic
   b)Eccentric
   c)Concentric
   d)isometric

9) Rotatory effect of a force about an axis of rotation is called
a)Impulse
b)pact
c)Momentum
d)Torque

10) Imaginary line perpendicular to plane of rotation and passing through the centre of rotation is called
a) Axis of rotation
b)angular
c)both
d)none

11) How many laps around a 400 m is a 3000 m race?
A)eight
B)seven and half
C)six and half
D)four

12)A principal constituent of connective tissue is?
A)creation
B)vernal
C)trional
D)collagen

13) One molecule of glucose produces energy equal is?
A)8 ATP
B)18 ATP
C)28 ATP
D)48 ATP

14) How much amount of oxygen does 1 mole of haemoglobin carries?
a) 16 ml
b) 18/mol
C) 20ml
d) 36 ml

15) Which of these is not proper pass in netball?
A)chest pass
B)bounce pass
C)shoulder pass
D)head pass

16)All of the following are enteric infection EXCEPT:
A)Cholera
B)amebic dysentery
C)hepatitis
D)tetanus

17)Informal education belongs to?
A home
B family
C society
D institute

18) Skills are performed without appreciable movement from place to place like bending
a)Locomotors
b)Non locomotors
c)Manipulative
d)All

19) All workers should b cohesive they should cooperate with each other for the achievement of goals then organization can achieve its a)goals
a)Initiative
b)Cohesiveness
c)Equity
d)Order

20) Is an internal state or condition that activates behavior and gives it direction is called
a)Emotion
b)Motivation
c)Both
d)Feeling

21) The strongest muscle in human body is found in
a)Hands
b)Buttocks
c)Neck
d)Legs

22)The Longest training Cycle is called
a) Meso Cycle
b) Macro Cycle
c) Micro Cycle

D) None of these.

23) The mind interprets events and create reality truth and values are absolute and universally shared
a)idealism
b)Pragmatism
c)Naturalism
d)Realism

24) Hemoglobin found in which muscle fiber
a)Fast twitch
b)White
c)Slow twitch
d)None

25) In motion a body equlibriam is called
a)Balance
b)Static balance
c)Dynamic balance
d)None

26)A statistical measure of central tendency that is average score of the group
a)Test
b)Median
c)Mode
d)Mean

27)Colour of adrenal medulla glands is
a)White
b)Blue
c)Gray
d)Brown

28)The method of measuring cardio vascular fitness is called
a)Vo2 max
b)Body weight
c)Pulse rate
d)Strengthning

29)Islamic leadership or administration possesses values
a)Democratic

b)Autocratic
c)Laisseze fair
d) All above

30)Typhoid spread due to
a)Pera masko
b)Rubeola
c)Salmonella typhoid
d) None

31)if a person run 1500 m east, displacement would be
a) 3000m
b)1500m
c) zero
d) none of these

32) Which of the following has most biological ingredients
a) Egg
b) cheese
c) jelly
d) risins

33) The Cool Down after Exercises is Important because it.
a)Help your heart rate to come normal
b)Avoid injuries
c)Prepare muscles for next activity
d)All

34) Among the following food items which one has highest amount of a)carbohydrate
a)Banana
b)Peaches
c)Cabbage
d)Potato

35)The Most Critical Are of an Article to Study
a) Introduction
b) Abstract
c) Results
d) Limitation

36) Discriminate evidence of construct validity is otherwise known as ?
a) Convergent Validity
b) Content Validity
c) Discrimnate Validity
d) None of these

37) Baton weight should not be less than
a) 40 gm
b) 45 gm
c) 50 gm
d) 60 gm

38) Distance between Hockey Goal Posts is
a) 4 Meter
b) 3.66 meter
c) 4.04 Meter
d) 7.32 meter

39) How Many Types of bachelors degree courses in pakistan ?
a) 2
b) 5
c) 7
d) many

40) Libero is a player of which game
a) Volley ball
b) Badminton
c) football

41) Curriculum equals "Minhaj " originats from
a) Urdu
b) Arabic
c) Latin

d) English

42) A runner who ran a mile in less than 4 minutes
a.rogger fedrrer
b.Roger Bannister

43) Body Protein has a source of energy
a) 9 Kcal/g
b) 6 Kcal/g
c) 3 Kcal/g
d) 4Kcal/g

44)What is the Netball court Divided into ?
a) Fifths
b) Halves
c) Third
d) Quarters

45) Cue is associated with the game of
a) Bridge
b) Hockey
c) Billiards
d) Golf

46) Neck Joint is example of
a) Pivot Joint
b) Hinge Joint
c) Saddle Joint
d) Condyloid Joint

47) Skeletal Muscles is described by all of the following Except
a) Striated
b) Voluntary
c) Multinucleate
d) Autorhytmic

48) When was the world's first official football body. The Football Association (F.A) established.
a) 1853
b) 1863
c) 1873
d) 1883

49) How many differnet standard stroke are there in swimming

a) **4**
b) 1
c) 2
d) 3

50)In intermural sports competition, where time and facilities permit, the most effective tournament is the

a) **Round robin**
b) Point system
c) Elimination
d) Ladder

51)Which of the following is the formula used to calculate your MHR

a) 200-10= MHR
b) 212-12= MHR
c) **220-your age= MHR**
d) 220-your age-your Gender = MHR

52) Shortest bone in human body

a) **Phalanges**
b) Meta tarsal
c) In nominate bone
d) Tarsal

53)when a disease spreads throughout the world, it is said to be

a) **pandemic**
b) Endemic
c) Epidemic
d) Unclassified

54)What is the term used to describe a runner whose feet do not make much of rolling in motion when landing?

a) **Underpronator**
b) Normal pronator
c) Over pronator
d) Heavy foot strike

55) When someone is shooting, how far away must he marker stand?

a) **At least 3 feet**
b) Any distance
c) At least 1 feet
d) At least 2 feet

56) Dirction of Horizantol plane is
   a) Frontal Axes
   b) Transverse Axes
   c) Vertical Axes
   d) Sagitial Axes

57) The Most Important Joint in Human Body
   a) Synovial Joint

58)planned activities (curricular co curricular) in a period of time by institution with guidance is called
   a) syllabus
   b) course
   c) Curriculum
   d) None of these

59) A child learns through_____ abilities in insight learning theory
   a) cognitive
   b) behavior
   c) observation

60) In Pakistan educational conference 1972-78, from which year age education is free
   a) 09
   b) 05
   c) 07
   d) 10

61) What is Meant-Analysis
   a) Group Discussion
   b) .
   c) .
   d) .

62) Who is the First Muslim Philosopher of Educational Philosophy?
   a) Al Kandi
   b) Al Farabi
   c) .
   d)

63) At concrete operational stage a child thinks _____ but can not abstract
   a) theoretically
   b) logically.

64) A research in which the researcher control or manipulates one object is
   a) Applied
   b) Experimental
   c) Randomize

65) Finalizing of results or performance evaluation is kind of
   a) Summative evaluation
   b) .
   c) .
   d) .

66)Who chooses the important an best channels
   a) Planner
   b) Organizing
   c) Leading
   d) Controlling

67)Centripetal Force ??

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1. *In technical terms, muscle pull is known* as….Strain
2. *Supination and pronation are the movements of* …carpel an metacarpal
3. *Typsin helps in the digestion of*….protein
4. *A test is a considered to be reliable if has*…consistancy
5. *How many majors salivary glands are there in the human body*..6
6. *Physically activity is basically*…Biological necessaity
7. *Which of the following terms denote the toughening of body as a major objective*. physical
8. Training
9. *Which deficiency in the blood cause inflammation in body parts*..Red blood cell
10. *The functional efficiency of a muscles depends upon it*..Fibre quality
11. *Which of the following are considered as a social inheritance of a man* ..conditional reflexes
12. *Upto the age of puberty the sex harmones are secreted by* …pituitary gland
13. *Which of following two joint muscle*….Sartarious
14. *What is not a primary motive*…Sex
15. *Ball and socket type of joints in* ..tri axial joint
16. *Osteology is the study of* ..bones
17. *Trachoma is the disease of* ..eyes
18. *Medulla oblongata is a part of* …human brain
19. *How many bones are there in a newly born infanty*..300
20. *Red blood carpelsare formed in the* …bone marrow
21. *The largest part of human brain is*..Cerebrum
22. *Tibia is a bone found in a* ..leg
23. *Tibia is another name is a* ..shin bone
24. *The pancrease secretes* …insulin
25. *Who discovered circulation of blood in human body*..william Harvey
26. *Femur is the bone of* ..leg
27. *Chemically finger nails are made up of* ..protein
28. *Insuluin produce in the human body by the*…pancrease
29. *Name the disease of the liver that causes a patient to turn yellow*..jaundice
30. *Pituitary glands are located on* ..brain
31. *Blood sugar level controlled by harmone called* ..insulin
32. *Pepsin produce in stomach digest the* ..proteins
33. *A man breathes 17 to 18 times in a minutes*
34. *The largest bone of the human body is* ..tigh bone..or femur
35. Red blood cell have no nucleus
36. *Absuive drugs damage cell of*..brain
37. *Study of histology refers to*…study of tissue
38. *In human anatomical position palms should be*…forward
39. *Hollow muscular organ is*…Heart
40. *Weight of Heart*…260-270 gm
41. *The inner life of heart is called*..endo cardium
42. *Which part of heart is more thick than others*….left ventricle
43. *Term posterior is similar to*…Dorsal
44. *Term anterior is similar* to ..ventral
45. *Which one is more proximal*…humerous
46. How many quadrents of human body are..4
47. Which one is medial..ulna.

48. *Which of the following is associated with ricket* .Knock knee
49. *Main bones in fore arm move*..ulna or radius
50. *Patella is located in*..knee
51. *Which one of the following is ball and socket joint*...hip joint
52. *Jygomatic bone is present*...skull
53. B*lood is purifying in human body by*..oxygen
54. There are *14* bones in face
55. Long bone is *femur*
56. There are 4 layers in stomsch
57. Bones of skull are 8
58. How many carpels bones in wrist..8
59. Muscles types can be determined..use of biopsy
60. Example of synovial joint..hinge joint
61. What is normal heart rate of human being..72 beats per minute
62. Muscle biopsy technique is used to ...muscle typing
63. Building blocks of the body is made up of ..proteins
64. The life span of red blood cell corpuscles is not more than..120 days
65. Name the disease which is categories psychosomatic disease..diabetes
66. Nephron is a microscopic structure of ..kidneys
67. Gastric arties give blood to...stomach
68. Outer layer of the bone is called..periostium
69. Secretion of small intensine...erepsin
70. Formation of RBC is in the end of ..long bones
71. Fault boned are of...skull bone
72. Hypnosis is also called..round back
73. Gulteud maximums muscles is situated in..hips
74. What is blood..liquid tissue.
75. Small intestine how much long..6m
76. Renal arty gives blood to ...kidney
77. *Bronchoscope is the study* of..lungs
78. *Pulmonary veins contain*..oxygenated blood
79. *The sternum is located in* ..chest
80. *Study of joints is called*...Arthrology
81. *Bones are also called*..*oestocytes*
82. *Which muscles involve in the evolution of arm*..*deltoid*
83. *Spleenic artry gives blood to* ..*spleen*
84. *Trapezius muscle is situated* ..*upper back*
85. *Lumber vertebrae are* ..5
86. *Duration of macro cycle is*...*1 year*
87. Pancrease is on back side of stomach
88. Biscupid valve is on the *left* side of the heart
89. *The scapula bone is situated in*..upper back
90. *Cardio respiratoty capacity is related to*..Normal physical endurance
91. *The role of AXON is to carry the impulse*...toward the heart
92. *Nerve cells are called*..neurons
93. *The sex of a child is dicated by the inheritance of*..a single Y chromosome from the father

94. A ankle joint while movement take place…dorsi flexion. planter flexion
95. Which bone is more distal to our body..Tallus
96. Adolescene refers to the age of…6 year following puberty
97.
98.

Very Important Info about Sports Games

Useful for Educators & Lecturer Physical-Education BS-17

کھیلوں کی معلومات

کرکٹ (Cricket)

کرکٹ کا شمار قدیم ترین اور مقبول ترین کھیلوں میں ہوتا ہے۔ اس کا آغاز برطانیہ سے ہوا۔ اب محدود اوورز کے ایک روزہ میچز کی وجہ سے کرکٹ کے شائقین کی تعداد میں اضافہ ہو گیا ہے۔

کرکٹ کے کھیل کا نام کرکٹ رکھا گیا	:	1477ء میں
کرکٹ کا میدان	:	90 تا 150 میٹر
میدان کی چوڑائی	:	27 فٹ
کرکٹ پچ کی لمبائی	:	22 گز
کرکٹ پچ کی لمبائی مقرر ہوئی	:	1744ء میں
کھلاڑیوں کی تعداد	:	گیارہ (ایک ٹیم)
وکٹوں کی زمین سے اونچائی	:	28 انچ (81.5cm)
تین وکٹیں کتنی جگہ لیتی ہیں	:	9 انچ (22.8cm)
کرکٹ بیٹ (بلے) کی لمبائی	:	38 انچ
کرکٹ بیٹ (بلے) کی چوڑائی	:	4 1/2 انچ
کرکٹ بیٹ (بلے) کا وزن	:	2 پونڈ 8 اونس سے 3 پونڈ تک
گیند کا وزن	:	5 1/2 سے 5 3/4 اونس
گیند کا رنگ	:	گیند سرخ بھی ہوتی ہے اور سفید بھی
گیند کا قطر	:	8 سے 9 انچ
بولنگ کریز	:	وہ خط جہاں سے گیند پھینکی جاتی ہے۔
بولنگ کریز کی لمبائی	:	8 فٹ 8 انچ
بیٹنگ کریز	:	4 فٹ وکٹوں سے
کرکٹ کا سب سے بڑا اسٹیڈیم	:	میلبورن کرکٹ گراؤنڈ۔ آسٹریلیا

فیلڈنگ پوزیشن:

بولر، وکٹ کیپر، سلپ، لیگ سلپ، بیک ورڈ شارٹ لیگ، اسکوائر شارٹ لیگ، سلی پوائنٹ، گلی، سلی میڈ آف، سلی میڈ آن، میڈ وکٹ، اسکوائر لیگ، بیک ورڈ پوائنٹ، پوائنٹ، کور، ایکسٹرا کور، شارٹ ایکسٹرا کور، ڈیپ ایکسٹرا کور، میڈ آن، ڈیپ میڈ آن، میڈ آن، میڈ آف، ڈیپ میڈ آف، شارٹ فائن لیگ، ڈیپ فائن لیگ، شارٹ تھرڈ مین، ڈیپ تھرڈ مین، لانگ لیگ، ڈیپ اسکور لیگ، ڈیپ میڈ وکٹ، لانگ آن، لانگ آف۔

بلے باز کے آؤٹ ہونے کے طریقے:

ایل بی ڈبلیو	(Leg before wicket)	وکٹوں کی طرف جاتی ہوئی گیند کو ٹانگ سے روکنا
کیچ آؤٹ	(Catch out)	فیلڈر گیند کو ہوا میں پکڑے۔
ہٹ وکٹ	(Hit wicket)	وکٹوں سے بلے کا ٹکرانا۔
رن آؤٹ	(Run out)	بلے باز کے سکور لیتے وقت وکٹ کیپر یا کسی فیلڈر کا بلے باز کے بیٹنگ کریز پر پہنچنے سے پہلے وکٹوں کو گیند سے اڑا دینا۔
سٹمپ آؤٹ	(Stump out)	وکٹ کیپر بولر کی طرف سے جانے والی گیند سے وکٹیں اڑا دے جس وقت بلے باز اپنی کریز سے باہر ہو۔
بولڈ	(Bowled)	بولر کی طرف سے کرائی جانے والی گیند وکٹوں کو لگے۔
ہٹ دی بال ٹوائس	(Hit the ball twice)	گیند کو دوبار ہٹ لگانا۔
ہینڈل دی بال	(Handle the ball)	وکٹوں کی طرف جاتی ہوئی گیند کو ہاتھ سے روکنا

ٹیسٹ میچ:

ٹیسٹ میچ پانچ دن کا ہوتا ہے اور اس میں دونوں ٹیموں کو دو دو اننگز کھیلنا پڑتی ہیں۔ ٹیسٹ میچ میں دو وقفے ہوتے ہیں۔ کھانے کا وقفہ اور چائے کا وقفہ۔ کھانے کا وقفہ تقریباً چالیس منٹ کا ہوتا ہے۔ جبکہ چائے کا وقفہ تقریباً بیس منٹ کا ہوتا ہے۔ کرکٹ کے شائقین ٹیسٹ میچ کو زیادہ پسند نہیں کرتے۔

ایک روزہ میچ:

جدید کرکٹ میں ایک روزہ میچ دن کو بھی اور دن رات کو بھی کھیلا جاتا ہے۔ بلکہ اب تو مصنوعی روشنیوں میں ایک روزہ میچ کھیلا جاتا ہے۔ اس میں پچاس اوورز ہوتے ہیں۔ دونوں ٹیموں کو پچاس پچاس اوورز کھیلنے ہوتے ہیں۔ بولنگ میں ہر بولر آٹھ سے دس اوورز کرا سکتا ہے۔ ایک روزہ میچ میں کھانے اور پانی کا وقفہ ہوتا ہے جبکہ چائے کا وقفہ نہیں ہوتا۔

وقفہ:

کھانے کا وقفہ	:	چالیس منٹ
چائے کا وقفہ	:	بیس منٹ
ایک اننگز ختم ہونے سے دوسری اننگز شروع ہونے کا وقفہ	:	دس منٹ
بلے باز کا پویلین سے وکٹ تک پہنچنے کا وقفہ	:	دو منٹ

معلومات کرکٹ:

ٹیسٹ میچ میں کرکٹ کی پہلی گیند کرانے والا بولر	:	الفریڈ شا (برطانیہ)
ٹیسٹ میچ میں کرکٹ کی پہلی گیند کھیلنے والا بلے باز	:	چارلس بینرمین (آسٹریلیا)
ٹیسٹ میچ میں پہلا سکور بنانے والا بلے باز	:	چارلس بینرمین (آسٹریلیا)
ٹیسٹ میچ میں میں پہلی وکٹ حاصل کرنے والا بولر	:	ایلن ہل (برطانیہ)
ٹیسٹ میچ میں کرکٹ کی تاریخ کے پہلے دو کپتان	:	ڈیوڈ گریگوری (آسٹریلیا) جیمز للی وائیٹ (برطانیہ)
ٹیسٹ کرکٹ کھیلنے والے پہلے دو ممالک	:	برطانیہ، آسٹریلیا
ٹیسٹ میچ میں پہلا چوکا لگانے والے بلے باز	:	ڈاکٹر گریس (برطانیہ)
ٹیسٹ میچ میں کرکٹ کا پہلا چھکا لگانے والے بلے باز	:	ہوک ہمین میسی
پہلی تین ٹیسٹ میچوں کی سیریز کی تاریخ	:	1884ء
پہلی ٹیسٹ کی پہلی سنچری بنانے والا بلے باز	:	چارلس بینرمین (آسٹریلیا)
پہلی ٹیسٹ کی پہلی ڈبل سنچری بنانے والا بلے باز	:	ڈبلیو ایل مرڈوچ (آسٹریلیا)
پہلی ٹرپل ٹیسٹ سنچری بنانے والے بلے باز	:	اینڈی سینڈھم
ٹیسٹ میں سو وکٹیں حاصل کرنے والے پہلے بولر	:	جان برگز (برطانیہ) 1894-95ء
پہلا ٹیسٹ جیتنے والا ملک	:	آسٹریلیا (میلبورن 1876-77ء)

ٹیسٹ کرکٹ کا پہلا میچ ٹی وی پر دکھایا گیا	:	جون 1938ء
کرکٹ کے بارے میں پہلا ڈاک ٹکٹ جاری ہوا	:	18 جنوری 1962ء
دنیا کا پہلا کرکٹ کنٹرول بورڈ بنا	:	1890ء برطانیہ میں
بیٹ کیری کرنے والے باپ بیٹا	:	نذر محمد (باپ) + مدثر نذر (بیٹا) پاکستان
کرکٹ میچ میں بیٹنگ دستانوں کا استعمال	:	1835ء میں
چوکے (چاررنز) کو قانونی حیثیت حاصل ہوئی	:	1883ء میں
وکٹوں پر پہلی دفعہ بیلز رکھی گئیں	:	1816ء میں
میچ میں تین وکٹوں کا استعمال	:	1800 کے وسط میں

ہاکی (Hockey)

ہاکی قدیم ترین کھیلوں میں سے ایک ہے۔ یہ سب سے پہلے پانچ سو قبل مسیح یونان میں کھیلا گیا جبکہ ایک خیال کے مطابق ایران میں دو ہزار قبل مسیح اس کھیل کا رواج تھا۔ یہ کھیل دنیا بھر میں مقبول ہے۔ پاکستان میں ہاکی کو نہ صرف مقبولیت حاصل ہے بلکہ قومی کھیل کی حیثیت بھی حاصل ہے۔

گراؤنڈ کی لمبائی	:	100 گز (91.50 میٹر)
گراؤنڈ کی چوڑائی	:	60 گز (54.90 میٹر)
فلیگ پوسٹ کی لمبائی	:	4 فٹ
گیند کا رنگ	:	سفید
گیند کا قطر	:	8 13/16 انچ سے 9 1/4 انچ
گیند کا وزن	:	5 1/2 سے 5 3/4 اونس
گول پوسٹ کی چوڑائی	:	3.66 میٹر
گول پوسٹ کی لمبائی	:	7 فٹ (2.13 میٹر)
کھلاڑیوں کی تعداد	:	گیارہ (ایک ٹیم میں)
کھیل کا وقت	:	70 منٹ (35،35 منٹ کے دو دورانیے)
کھیل کا وقفہ	:	5 سے 10 منٹ

کھلاڑیوں کی فیلڈنگ پوزیشن:

گول کیپر، لیفٹ فل بیک، رائیٹ فل بیک، لیفٹ ان، رائٹ ان، سنٹر ہاف، لیفٹ آوٹ،

ٹیسٹ کرکٹ کا پہلا میچ ٹی وی پر دکھایا گیا	:	جون 1938ء
کرکٹ کے بارے میں پہلا ڈاک ٹکٹ جاری ہوا	:	18 جنوری 1962ء
دنیا کا پہلا کرکٹ کنٹرول بورڈ بنا	:	1890ء برطانیہ میں
بیٹ کیری کرنے والے باپ بیٹا	:	نذر محمد (باپ) + مدثر نذر (بیٹا) پاکستان
کرکٹ میچ میں بیٹنگ دستانوں کا استعمال	:	1835ء میں
چوکے (چاررنز) کو قانونی حیثیت حاصل ہوئی	:	1883ء میں
وکٹوں پر پہلی دفعہ بیلز رکھی گئیں	:	1816ء میں
میچ میں تین وکٹوں کا استعمال	:	1800 کے وسط میں

ہاکی (Hockey)

ہاکی قدیم ترین کھیلوں میں سے ایک ہے۔ یہ سب سے پہلے پانچ سو قبل مسیح یونان میں کھیلا گیا جبکہ ایک خیال کے مطابق ایران میں دو ہزار قبل مسیح اس کھیل کا رواج تھا۔ یہ کھیل دنیا بھر میں مقبول ہے۔ پاکستان میں ہاکی کو نہ صرف مقبولیت حاصل ہے بلکہ قومی کھیل کی حیثیت بھی حاصل ہے۔

گراؤنڈ کی لمبائی	:	100 گز (91.50 میٹر)
گراؤنڈ کی چوڑائی	:	60 گز (54.90 میٹر)
فلیگ پوسٹ کی لمبائی	:	4 فٹ
گیند کا رنگ	:	سفید
گیند کا قطر	:	8 13/16 انچ سے 9 1/4 انچ
گیند کا وزن	:	5 1/2 سے 5 3/4 اونس
گول پوسٹ کی چوڑائی	:	3.66 میٹر
گول پوسٹ کی لمبائی	:	7 فٹ (2.13 میٹر)
کھلاڑیوں کی تعداد	:	گیارہ (ایک ٹیم میں)
کھیل کا وقت	:	70 منٹ (35،35 منٹ کے دو دورانیے)
کھیل کا وقفہ	:	5 سے 10 منٹ

کھلاڑیوں کی فیلڈنگ پوزیشن:

گول کیپر، لیفٹ فل بیک، رائیٹ فل بیک، لیفٹ ان، رائٹ ان، سنٹر ہاف، لیفٹ آوٹ،

رائٹ آوٹ، لیفٹ ہاف، رائٹ ہاف، سنٹر فارورڈ۔

گول ہونے کے طریقے:

فیلڈ، پنلٹی سٹروک، پنلٹی کارنر، کارنر۔

ہاکی کے قواعد و ضوابط کا آغاز	:	1883ء میں
برٹش ہاکی ایسوسی ایشن کی بنیاد	:	18 جنوری 1886ء میں
برٹش ہاکی ایسوسی ایشن کے پہلے صدر	:	شاہ ایڈورڈ ہفتم
ہاکی کا پہلا بین الاقوامی میچ	:	1894ء میں برطانیہ بمقابلہ آئرلینڈ
ہاکی کا پہلا فاتح ملک	:	برطانیہ
انٹرنیشنل ہاکی بورڈ کا قیام	:	1900ء میں
ہاکی کی ڈی (سٹرائکنگ سرکل) کی حدود کا تعین	:	1886ء میں
پنلٹی کارنر کا قانون	:	1909ء میں
اولمپک میں پہلی بار شمولیت	:	1908ء لندن میں
پہلا اولمپک فاتح ملک	:	برطانیہ
پاکستان ہاکی فیڈریشن کا قیام	:	1948ء
پاکستان ہاکی فیڈریشن کے پہلے صدر	:	راجہ غضنفر علی خان
ہاکی کا سب سے بڑا اسٹیڈیم	:	نیشنل ہاکی سٹیڈیم، لاہور، پاکستان

گاف (Golf)

گاف کو شہنشاہوں کا کھیل کہا جاتا ہے۔ یہ کھیل پاکستان میں کھیلے جانے والے کھیل گلی ڈنڈے سے خاص مشابہت رکھتا ہے۔ امیروں کے کھیل کی ابتداء ایک غریب چرواہے نے کی۔ یہ سبزے سے مزین گراؤنڈز پر مشتمل خطے پر کھیلا جاتا ہے۔ اس کو اسکاٹ لینڈ کے قومی کھیل کا درجہ حاصل ہے۔ پاکستان میں یہ کھیل فوجی افسران اور امراء تک محدود ہے۔

کھلاڑی:

ٹیم کی صورت میں ہر طرف سے 2،3 یا 4 کھلاڑی کھیلتے ہیں۔ انفرادی مقابلے بھی ہوتے ہیں۔

رائٹ آوٹ،لیفٹ ہاف،رائٹ ہاف،سنٹر فارورڈ۔

گول ہونے کے طریقے:

فیلڈ،پنلٹی سٹروک،پنلٹی کارنر،کارنر۔

ہاکی کے قواعد وضوابط کا آغاز	:	1883ء میں
برٹش ہاکی ایسوسی ایشن کی بنیاد	:	18 جنوری 1886ء میں
برٹش ہاکی ایسوسی ایشن کے پہلے صدر	:	شاہ ایڈورڈ ہفتم
ہاکی کا پہلا بین الاقوامی میچ	:	1894ء میں برطانیہ بمقابلہ آئرلینڈ
ہاکی کا پہلا فاتح ملک	:	برطانیہ
انٹرنیشنل ہاکی بورڈ کا قیام	:	1900ء میں
ہاکی کی ڈی (سٹرائی کنگ سرکل) کی حدود کا تعین	:	1886ء میں
پنلٹی کارنر کا قانون	:	1909ء میں
اولمپک میں پہلی بار شمولیت	:	1908ء لندن میں
پہلا اولمپک فاتح ملک	:	برطانیہ
پاکستان ہاکی فیڈریشن کا قیام	:	1948ء
پاکستان ہاکی فیڈریشن کے پہلے صدر	:	راجہ غضنفر علی خان
ہاکی کا سب سے بڑا اسٹیڈیم	:	نیشنل ہاکی سٹیڈیم،لاہور،پاکستان

گالف (Golf)

گالف کو شہنشاہوں کا کھیل کہا جاتا ہے۔ یہ کھیل پاکستان میں کھیلے جانے والے کھیل گلی ڈنڈے سے خاص مشابہت رکھتا ہے۔ امیروں کے کھیل کی ابتداء ایک غریب چرواہے نے کی۔ یہ سبزے سے مزین کئی گراؤنڈز پر مشتمل خطے پر کھیلا جاتا ہے۔ اس کو اسکاٹ لینڈ کے قومی کھیل کا درجہ حاصل ہے۔ پاکستان میں یہ کھیل فوجی افسران اور امراء تک محدود ہے۔

کھلاڑی:

ٹیم کی صورت میں ہر طرف سے 2،3 یا 4 کھلاڑی کھیلتے ہیں۔ انفرادی مقابلے بھی ہوتے ہیں۔

میدان کی وسعت	:	600 گز
کل سوراخ	:	18
سوراخوں کا قطر	:	4 1/2 انچ
سوراخوں کی گہرائی	:	4 1/2 انچ
گیند کا وزن	:	1.62 اونس
گیند کا قطر	:	1.62 انچ (امریکہ میں 1.68 انچ)

گاف کھیلنے کا طریقہ:

ایک چھوٹی سی سخت قسم کی گیند کو چھڑیوں کی مدد سے ضرب لگا کر ایک خاص قسم کے سوراخ (گرین) میں گزارنا ہوتا ہے۔ گرین ڈھلوانی سطح پر بنی ہوتی ہے۔ اس میں سے گزارنے کے لئے گیند کو جس جگہ سے ضرب لگانا شروع کیا جاتا ہے اس جگہ کو "ٹی" کہا جاتا ہے۔ ٹی سے لے کر گرین میں گزارنے تک کھلاڑی کو گیند کو کئی ضربیں لگانا پڑتی ہیں لیکن اسے کامیاب قرار دیا جاتا ہے جو سب سے کم ضربوں میں گیند کو گرین سے گزار دے۔

گاف کا پہلا کلب	:	انگلستان میں 18ویں صدی میں
پہلا گاف ٹورنامنٹ	:	1860ء میں
کھیل کے قواعد و ضوابط کا آغاز	:	1882ء میں

فٹ بال (Foot Ball)

فٹ بال کا شمار قدیم ترین کھیلوں میں ہوتا ہے۔ فٹبال نہ صرف دنیا میں سب سے زیادہ ممالک میں کھیلا جانے والا کھیل ہے بلکہ دنیا کا مقبول ترین کھیل بھی ہے۔ یہ واحد کھیل ہے جس کے شائقین کی کثیر تعداد دنیا کے تمام ممالک میں پائی جاتی ہے۔

کھلاڑیوں کی تعداد	:	ہر ٹیم میں گیارہ
کھیل کے میدان کی لمبائی	:	100 سے 130 گز (عموماً 120 گز)
کھیل کے میدان کی چوڑائی	:	50 سے 100 گز (عموماً 80 گز)
گول پوسٹ کی چوڑائی	:	18 فٹ 6 انچ
گول پوسٹ کی لمبائی	:	8 فٹ

میدان کی وسعت	:	600 گز
کل سوراخ	:	18
سوراخوں کا قطر	:	4 1/2 انچ
سوراخوں کی گہرائی	:	4 1/2 انچ
گیند کا وزن	:	1.62 اونس
گیند کا قطر	:	1.62 انچ (امریکہ میں 1.68 انچ)

گالف کھیلنے کا طریقہ:

ایک چھوٹی سی سخت قسم کی گیند کو چھڑیوں کی مدد سے ضرب لگا کر ایک خاص قسم کے سوراخ (گرین) میں گزارنا ہوتا ہے۔ گرین ڈھلوانی سطح پر بنی ہوتی ہے۔ اس میں سے گزارنے کے لئے گیند کو جس جگہ سے ضرب لگانا شروع کیا جاتا ہے اس جگہ کو "ٹی" کہا جاتا ہے۔ ٹی سے لے کر گرین میں گزارنے تک کھلاڑی کو گیند کو کئی ضربیں لگانا پڑتی ہیں لیکن اسے کامیاب قرار دیا جاتا ہے جو سب سے کم ضربوں میں گیند کو گرین سے گزار دے۔

گالف کا پہلا کلب	:	انگلستان میں 18 ویں صدی میں
پہلا گالف ٹورنامنٹ	:	1860ء میں
کھیل کے قواعد وضوابط کا آغاز	:	1882ء میں

فٹ بال (Foot Ball)

فٹ بال کا شمار قدیم ترین کھیلوں میں ہوتا ہے۔ فٹبال نہ صرف دنیا میں سب سے زیادہ ممالک میں کھیلا جانے والا کھیل ہے بلکہ دنیا کا مقبول ترین کھیل بھی ہے۔ یہ واحد کھیل ہے جس کے شائقین کی کثیر تعداد دنیا کے تمام ممالک میں پائی جاتی ہے۔

کھلاڑیوں کی تعداد	:	ہر ٹیم میں گیارہ
کھیل کے میدان کی لمبائی	:	100 سے 130 گز (عموماً 120 گز)
کھیل کے میدان کی چوڑائی	:	50 سے 100 گز (عموماً 80 گز)
گول پوسٹ کی چوڑائی	:	18 فٹ 6 انچ
گول پوسٹ کی لمبائی	:	8 فٹ

کھیل کا وقت:

کھیل میں 45-45 منٹ کے دو دورانیے ہوتے ہیں۔ ہاف ٹائم کے بعد ٹیمیں اپنی اپنی سمتیں تبدیل کرتی ہیں۔ کھیل کے پہلے دورانیے کے اختتام پر 5 منٹ کا وقفہ ہوتا ہے۔ اگر میچ برابر ہے تو پندرہ پندرہ منٹ کے دو دورانیے اور کھیلے جاتے ہیں۔ اگر پھر بھی میچ برابر رہے تو دونوں ٹیموں کو پانچ پانچ پنلٹی ککس دی جاتی ہیں۔

گیند کا گھیرا	:	27 انچ
گیند کا وزن	:	12 تا 14 اونس
اولمپک میں شمولیت	:	1908ء میں

فیلڈنگ پوزیشن:

گول کیپر، لیفٹ فل بیک، رائٹ فل بیک، رائٹ لنک مین، سٹرائیکر، لیفٹ آؤٹ، رائٹ آؤٹ۔

سب سے پہلا فٹ بال میچ کھیلا گیا	:	3 جولائی 1930ء
ٹیلی ویژن پر دکھایا جانے والا فٹ بال کا پہلا میچ	:	19 جون 1954ء
پہلا عالمی کپ فٹ بال ٹورنامنٹ	:	1930ء میں
عالمی کپ کے پولی سسٹم کے موجودہ نظام کا آغاز	:	1954ء میں
دنیا میں سب سے زیادہ سٹیڈیم رکھنے والا کھیل	:	فٹ بال

بیڈمنٹن (Badminton)

بیڈمنٹن کی ابتداء برطانیہ کے مضافاتی علاقے "بیڈمنٹن" سے ہوئی۔ ان ڈور کھیلوں میں بیڈمنٹن کو خاص اہمیت حاصل ہے۔ یہ کھیل یورپ اور ایشیا میں خاصا مقبول ہے۔

کھلاڑیوں کی تعداد	:	سنگل (دونوں طرف سے ایک ایک)
		ڈبل (دونوں طرف سے دو، دو)

کورٹ

(کھیل کا میدان) سنگل کے لئے	:	17 فٹ چوڑا 44 فٹ لمبا
ڈبل کے لئے	:	20 فٹ چوڑا 44 فٹ لمبا

جال کی اونچائی	:	پانچ فٹ ایک انچ
جال کی گہرائی	:	دوفٹ چھ انچ
شٹل کاک کاوزن	:	4.73سے 5.50 گرام
شٹل کاک کی بناوٹ	:	یہ بطخ کے پندرہ یا سولہ پروں، کارک اور پتلے چمڑے سے بنتی ہے۔
بلا (ریکٹ) کاوزن	:	4سے 5اونس (لکڑی یا سٹیل کا بنا ہوتا ہے)

بیڈمنٹن کھیلنے کا طریقہ:

میچ تین بہترین گیمز پر مشتمل ہوتا ہے۔ ہر گیم پندرہ پوائنٹس پر مشتمل ہوتی ہے۔ (یہ مردوں کے لئے ہے) جبکہ عورتوں کے لیے گیارہ پوائنٹس کی ضرورت ہوتی ہے۔ ڈبل میں دونوں گیمز پندرہ پندرہ پوائنٹس پر مشتمل ہوتی ہیں۔

ایونٹ:

مینز سنگل، مینز ڈبل، وومنز سنگلز، وومینز ڈبل، مکس ڈبلز

اولمپک میں شمولیت	:	1992ء بارسلونا اولمپک میں
انٹرنیشنل بیڈمنٹن فیڈریشن کا قیام	:	1934ء میں
بیڈمنٹن کی سب سے پرانی چمپین شپ	:	آل انگلینڈ چمپین شپ (1899ء سے جاری)
بیڈمنٹن کا پہلا باقاعدہ میچ	:	1877ء میں

باسکٹ بال (Basket Ball)

باسکٹ بال کا کھیل قدیم کھیلوں میں سے ایک ہے۔ اس کھیل کی ابتداء میں یہ روایت تھی کہ ہارنے والی ٹیم کے کپتان کا سرتن سے جدا کر کے دیوتاؤں کی بھینٹ چڑھا دیا جاتا تھا۔ باسکٹ بال کو جدید شکل 1891ء میں انٹرنیشنل وائی ایم سی اے کالج سپرنگ فیلڈ میسا چوسٹس کے کھیلوں کے استاد ڈاکٹر جیمز نا سمتھ نے دی۔ یہ کھیل دو ٹیموں کے درمیان کھیلا جاتا ہے۔

کھلاڑیوں کی تعداد	:	دونوں ٹیموں میں پانچ، پانچ

کورٹ:

لمبائی	:	26 میٹر
چوڑائی	:	14 میٹر (45 فٹ 9 انچ)

باسکٹ بال کھیلنے کا طریقہ:

کھیل میں 20,20 منٹ کے دو دورانیے ہوتے ہیں۔ جن کے درمیان دس سے پندرہ منٹ تک کا وقفہ ہوتا ہے۔ اگر میچ برابر رہے تو پانچ منٹ کا فالتو وقت دیا جاتا ہے۔

باسکٹ:

اونچائی	:	10 فٹ
چوڑائی	:	1 فٹ 6 انچ

بال:

وزن	:	600 سے 650 گرام (20 تا 22 اونس)
گھیراؤ	:	75 سے 78 سنٹی میٹر

کھیل کے میدان کی شکل	:	مستطیل
اولمپک میں شمولیت	:	1936ء میں
پہلی باسکٹ بال گیم	:	20 جنوری 1892ء
پہلا پبلک مقابلہ	:	11 مارچ 1892ء
مردوں کی عالمی چمپین شپ کا آغاز	:	1950ء میں
عورتوں کی عالمی چمپین شپ کا آغاز	:	1953ء میں
باسکٹ بال کی تاریخ کا سب سے طویل مقابلہ	:	18 سے 21 مئی 1979
باسکٹ بال کی تاریخ کے سب سے طویل مقابلے کا وقت	:	89 گھنٹے

والی بال (Volley Ball)

والی بال کا کھیل امریکہ کے مسٹر ولیم جی مورگن نے 1895ء میں ایجاد کیا۔ یہ کھیل دنیا بھر میں کھیلا جاتا ہے۔ ایشیا میں اس کھیل کو بہت پسند کیا جاتا ہے۔ پاکستان میں اس کھیل کو خاصی مقبولیت حاصل ہے۔

کورٹ:

لمبائی	:	59 فٹ (18 میٹر)

پونگ کے نام سے مشہور تھا۔ یہ مستطیل شکل کی میز پر لکڑی کے سخت بلے اور سلورائیڈ کی گیند سے کھیلا جاتا ہے۔

کھلاڑیوں کی تعداد:

سنگل	:	ایک۔ایک کھلاڑی
ڈبل	:	دو۔دو کھلاڑی

میز:

لمبائی	:	9فٹ (2.74میٹر)
چوڑائی	:	5فٹ (1.52میٹر)
اونچائی	:	2فٹ 6انچ (زمین سے)

جال:

لمبائی	:	1.83 میٹر
چوڑائی	:	6 انچ میز سے اوپر
رنگ	:	سفید

گیند:

قطر	:	1/2 1انچ (38.2ملی میٹر)
وزن	:	2.40 گرام سے 2.53 گرام (0.085اونس سے 0.9اونس)

ٹیبل ٹینس کھیلنے کا طریقہ:

عام طور پر میچ بہترین پانچ گیمز پر مشتمل ہوتا ہے اور ہر گیم 21 پوائنٹس پر مشتمل ہوتی ہے اور جو کھلاڑی یا ٹیم پہلے 21 پوائنٹس حاصل کر لیتی ہے وہ جیت جاتی ہے۔ اگر دونوں کے 20،20 پوائنٹس ہوں تو جو پہلے پوائنٹ حاصل کرتا ہے وہ جیت جاتا ہے۔

اولمپک میں شمولیت	:	1988ء میں
انٹرنیشنل ٹیبل ٹینس فیڈریشن کا قیام	:	1926ء میں
پاکستان ٹیبل ٹینس فیڈریشن کا قیام	:	1952ء میں
مردوں کی عالمی ٹیبل ٹینس چمپین شپ کا آغاز	:	1926ء میں
عورتوں کی عالمی ٹیبل ٹینس چمپین شپ کا آغاز	:	1934ء میں

لان ٹینس (Lawn Tennis)

لان ٹینس برطانوی میجر والٹر ونگ نے ستمبر 1873ء میں ایجاد کیا اس کا پرانا نام اسفرس ٹائیک ہے۔ یہ کھیل یورپ اور ایشیا میں یکساں مقبول ہے۔ پاکستان اور بھارت میں بھی اس کھیل کی مقبولیت روز بروز بڑھ رہی ہے۔

کھلاڑیوں کی تعداد:

سنگل	:	ایک۔ایک کھلاڑی
ڈبل	:	دو۔دو کھلاڑی

کورٹ:

سنگل	لمبائی	:	78فٹ(23.77میٹر)
	چوڑائی	:	27فٹ(8.23میٹر)
ڈبل	لمبائی	:	78فٹ(23.77میٹر)
	چوڑائی	:	36فٹ(10.97میٹر)

جال:

اونچائی	:	3فٹ 6 انچ(1.07میٹر)

ریکٹ:

وزن	:	1/2 13 سے 14اونس(382.7 گرام سے 396.9 گرام تک)
لمبائی	:	27انچ

گیند:

وزن	:	2 سے 1/16 2اونس یا(56.7 گرام سے 58.5 گرام تک)
گھیراؤ	:	1/2 2 سے 15/8انچ(6.35 سے 6.67 سینٹی میٹر)
رنگ	:	سفید یا پیلا

لان ٹینس کھیلنے کا طریقہ:

ہر میچ پانچ سیٹس پر مشتمل ہوتا ہے جبکہ عورتوں کے لئے یہ تین سیٹس پر مشتمل ہوتا ہے۔ ہر سیٹ چھ گیمز پر مشتمل ہوتا ہے۔ جو کھلاڑی چھ گیمز جیت جاتا ہے سیٹ جیت جاتا ہے۔

ایونٹ:

مینز سنگل، مینز ڈبل، وومینز سنگل، وومینز ڈبل، مکس ڈبل

اولمپک میں شرکت:

یہ 1896ء سے 1924ء تک اولمپک میں شامل رہا پھر اسے دوبارہ 1988ء میں سیول (جنوبی کوریا) میں منعقد ہونے والے اولمپک میں شامل ہوگیا۔

لان ٹینس کے قواعد وضوابط کا آغاز	:	فروری 1874ء
لان ٹینس چمپین شپ کا پہلا مقابلہ	:	جون 1877ء
ڈیوس کپ کا آغاز	:	1900ء
امریکہ میں لان ٹینس کا پہلا باضابطہ مقابلہ	:	31 اگست 1881ء
ٹینس کا سب سے بڑا ٹورنامنٹ	:	ومبلڈن ٹینس ٹورنامنٹ
برصغیر میں لان ٹینس کا آغاز	:	1875ء میں

لان ٹینس کے ٹورنامنٹس:

(1) ومبلڈن اوپن ٹینس چمپین شپ (2) یو ایس اوپن ٹینس چمپین شپ

(3) فرنچ اوپن ٹینس چمپین شپ (4) آسٹریلین اوپن ٹینس چمپین شپ

یو ایس اوپن چمپین شپ کا آغاز	:	1879ء میں
ومبلڈن اوپن ٹینس چمپین شپ کا آغاز	:	1877ء میں
ومبلڈن ٹورنامنٹ میں کھلاڑیوں کے لباس کا رنگ	:	سفید
ومبلڈن کے میدان کے دروازے پر مرقوم الفاظ	:	اگر تم کامیابی حاصل کرلو یا تمہیں شکست ہو دونوں یکساں ہیں۔ (روڈ یارڈ کپلنگ)

اسکوائش (Squash)

اسکوائش گزشتہ صدی کے آخر میں شروع ہوا۔ یہ برطانوی کھیل ہے۔ اسکوائش ریکٹ اور

گیند کی مدد سے ایک ایسی کمرہ نما جگہ پر کھیلا جاتا ہے جس کی چھت نہیں ہوتی۔ پاکستان میں اس کھیل کو بہت مقبولیت حاصل ہے۔ پاکستان کے جہانگیر خان اور جانشیر خان اسکوائش کے عالمی شہرت یافتہ کھلاڑی ہیں۔

کھلاڑیوں کی تعداد:

سنگل	:	ایک۔ایک کھلاڑی
ڈبل	:	دو۔دو کھلاڑی

کورٹ:

سنگل	لمبائی	:	32فٹ (9.75میٹر)
	چوڑائی	:	21فٹ (6.40میٹر)
	سامنے والی دیوار کی اونچائی	:	15فٹ (4.57میٹر)
	پیچھے والی دیوار کی اونچائی	:	7فٹ (2.15میٹر)
ڈبل	لمبائی	:	45فٹ (13.72میٹر)
	چوڑائی	:	25فٹ (7.62میٹر)
	سامنے والی دیوار کی اونچائی	:	20فٹ (6.10میٹر)
	پیچھے والی دیوار کی اونچائی	:	7فٹ (2.15میٹر)
سروس باکس		:	5فٹ 3 انچ (1.60میٹر)

گیند:

وزن	:	23.3سے 24.6 گرام
قطر	.	39.5سے 41.5ملی میٹر
رنگ	:	کالی (ربڑ کی)

ریکٹ:

لمبائی	:	27 انچ (68.5 سینٹی میٹر)
سر کا قطر	:	7 1/4 انچ

سکوائش کھیلنے کا طریقہ:

ہر میچ پانچ گیمز پر مشتمل ہوتا ہے اور ہر گیم نو سے پندرہ پوائنٹس پر مشتمل ہوتی ہے جبکہ ڈبل گیم کے لئے پندرہ پوائنٹس ہوتے ہیں۔ ہر گیم کے دوران ایک منٹ کا وقفہ ہوتا ہے۔

سکوائش ریکٹ ایسوسی ایشن کا قیام : 1929ء برطانیہ میں

سب سے زیادہ مالیت کا ٹورنامنٹ	:	ویلش کلاسک اسکوائش ٹورنامنٹ
انعامی رقم	:	ایک لاکھ دو ہزار ڈالر

پولو (Polo)

"پولو" پاکستان کے شمالی علاقہ جات اور یورپی ممالک کا مقبول کھیل ہے۔ یہ قدیم کھیل ہے۔ اس کی ابتداء 525 عیسوی میں تبت سے ہوئی۔ 1875ء میں ہرلنگ ہام کلب نے اس کے قواعد وضوابط وضع کئے۔ سلطان قطب الدین ایبک پولو کا شوقین اور نامور کھلاڑی تھا۔ اسکی موت پولو کھیلتے ہوئے گھوڑے سے گر کر واقع ہوئی۔

کھلاڑیوں کی تعداد	:	چار۔ چار ہر ٹیم کے گھڑ سوار
کھیل کا میدان	:	300 گز، 200 گز اور 160 گز
گیند:		
وزن	:	4.25 سے 4.75 اونس
قطر	:	3 1/2 انچ (8.3 سینٹی میٹر)
چھڑی	:	52 انچ لمبی
گول پوسٹ:		
اونچائی	:	10 فٹ
چوڑائی	:	7.32 میٹر
پول باڈر:		
اونچائی	:	11 انچ
لمبائی	:	13 فٹ (3.96 میٹر)
گولوں کا درمیانی فاصلہ	:	250 میٹر

پولو کھیلنے کا طریقہ:

اس کھیل کا کل وقت ایک گھنٹہ ہوتا ہے۔ اس میں کوئی فول نہیں ہوتا۔ پولو میں استعمال ہونے والے گھوڑوں کی تربیت دو سے چار سال تک کی جاتی ہے۔ اس میں جو ٹیم پہلے نو گول کرے وہ جیت جاتی ہے۔

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